Flyberry™
GOURMET
100%
NATURAL
· No added Sugars
· No Preservatives
· No Additives
Nothing but™
Alluring
Ameri
Dates
Keep refrigerated at all times between 5-10°C
The date that leaves you wanting for more.

What makes this berry so fly?

IT'S A GREAT
SOURCE OF
IRON

MENTAL & PHYSICAL
PERFORMANCE

IT'S
LARGE,
FIBROUS
AND HAS A

CONTENT

IT'S A GOOD SOURCE OF

DIETARY
FIBRE
THAT IS GOOD
FOR YOUR GUT

NO ADDED SUGARS
OR PRESERVATIVES

Soft
taste.
softer
date.

Mawa Stuffed Ameri Dates

All you need

10 Ameri Dates

150 gm Mawa

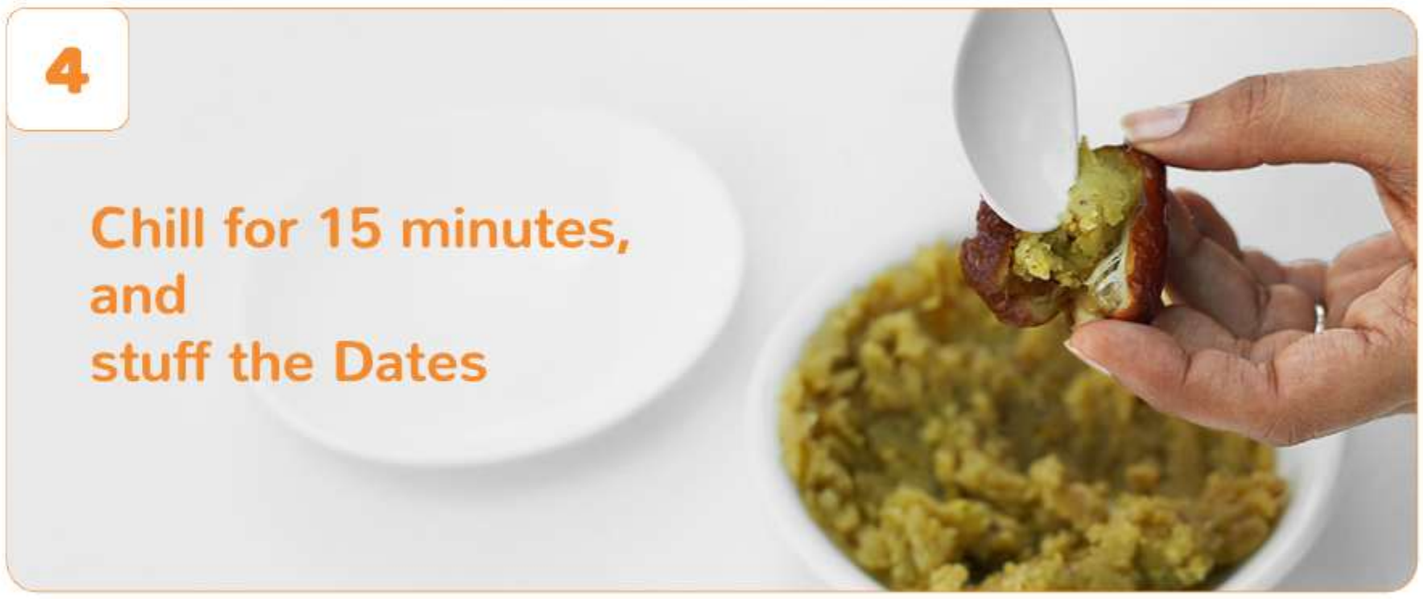
Pistachio Powder

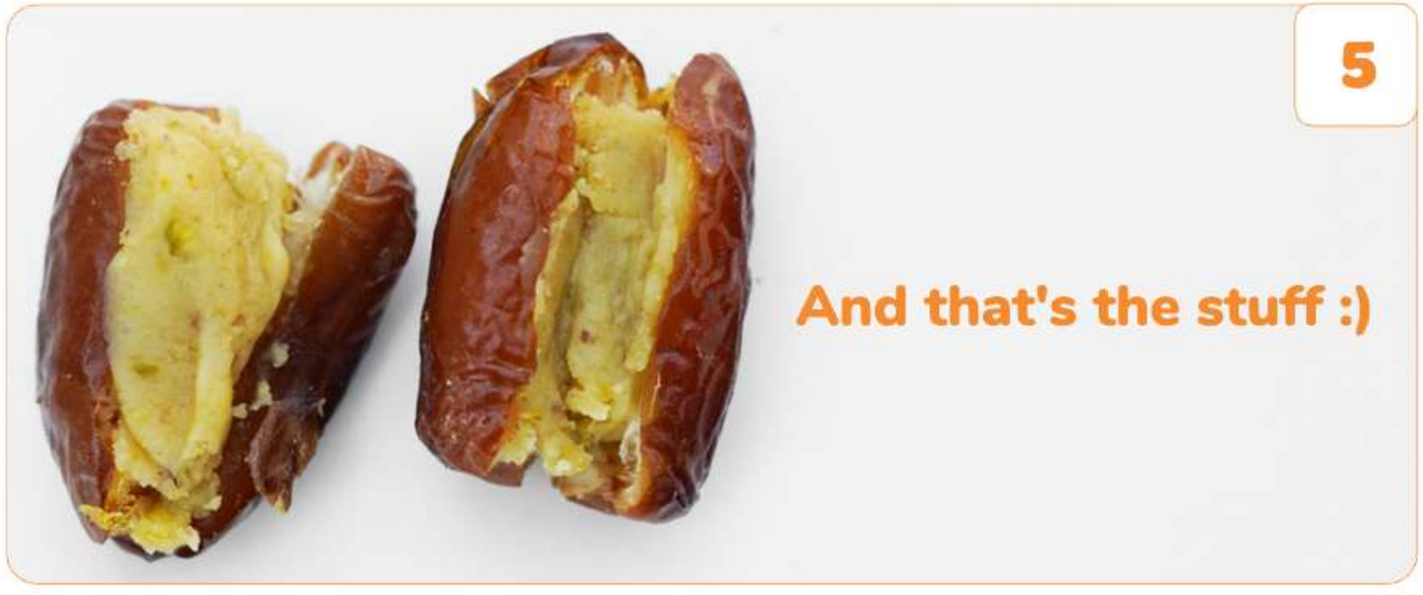
Vanilla Extract

Cardamom

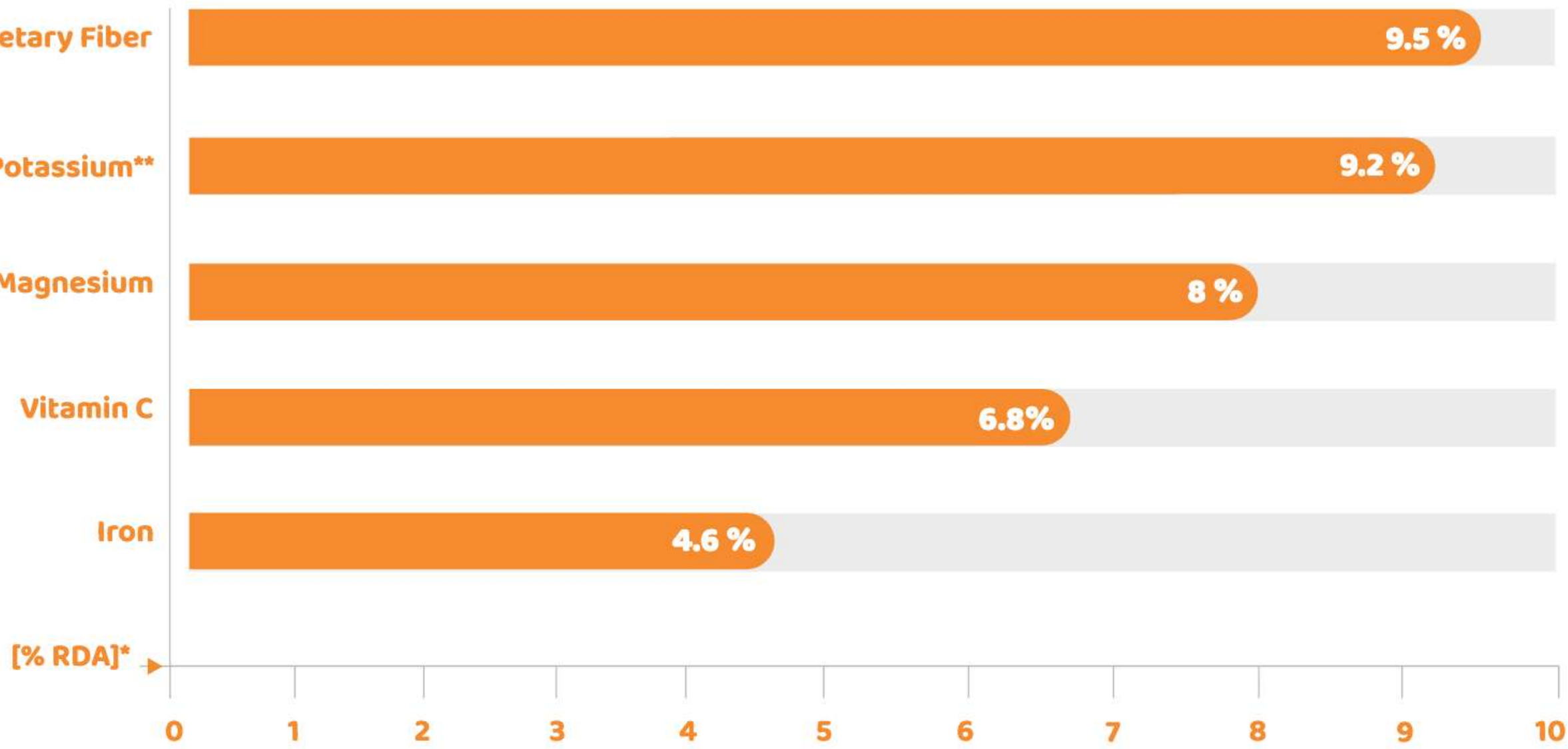
Ghee

Almond Powder





Numbers don't lie, this Date's kinda Fly



These radicals are a menace.
Vote for Ameri now!

Because Ameri is a strong antioxidant,
and it will attack free radicals that attack and
damage your cells.

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 4 dates

Scan for Test Report

Ingredients

Dried Ameri Dates.
No preservatives or additives.
IMPORTED PRODUCT OF JORDAN.

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Disclaimer: All pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

Nutritional Facts

Serving size: 50g (approx. 4 dates)
Servings Per Container: 8

Calories 155kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 3.33mg	
Carbohydrates 38g	
Dietary Fibre 3.6g	9.5%
Sugars 28g	
Protein 0.7g	
Potassium 312.7mg	9.2%
Magnesium 29mg	8%
Calcium 27mg	2.7%
Iron 0.3mg	4.6%

*Percent Daily Values are based on a 2,000 calorie diet.

Flyberry™
GOURMET

Nothing but™

Authentic Ajwa Dates

The only dates from paradise.

100% NATURAL

- No added Sugars
- No Preservatives
- No Additives

Keep refrigerated at all times between 5-10°C

What makes this berry so fly?

WAS USED AS A
TRADITIONAL MEDICINE
FOR CENTURIES THANKS TO

ITS ANTI-OXIDANT AND ANTI-INFLAMMATORY PROPERTIES

CAN BE
ENJOYED
AS A
GREAT SNACK

BY REMOVING THE PIT AND STUFFING
WITH NUTS LIKE CASHEWS

NO ADDED SUGARS
OR PRESERVATIVES

If Date married Chocolate

Ajwa Kalakand

All you need

15 Ajwa Dates

150 gm Crumbled Paneer

1/3 Cup Milk

Ghee

Milk Powder

Cardamom

Salt

Pit and soak until soft

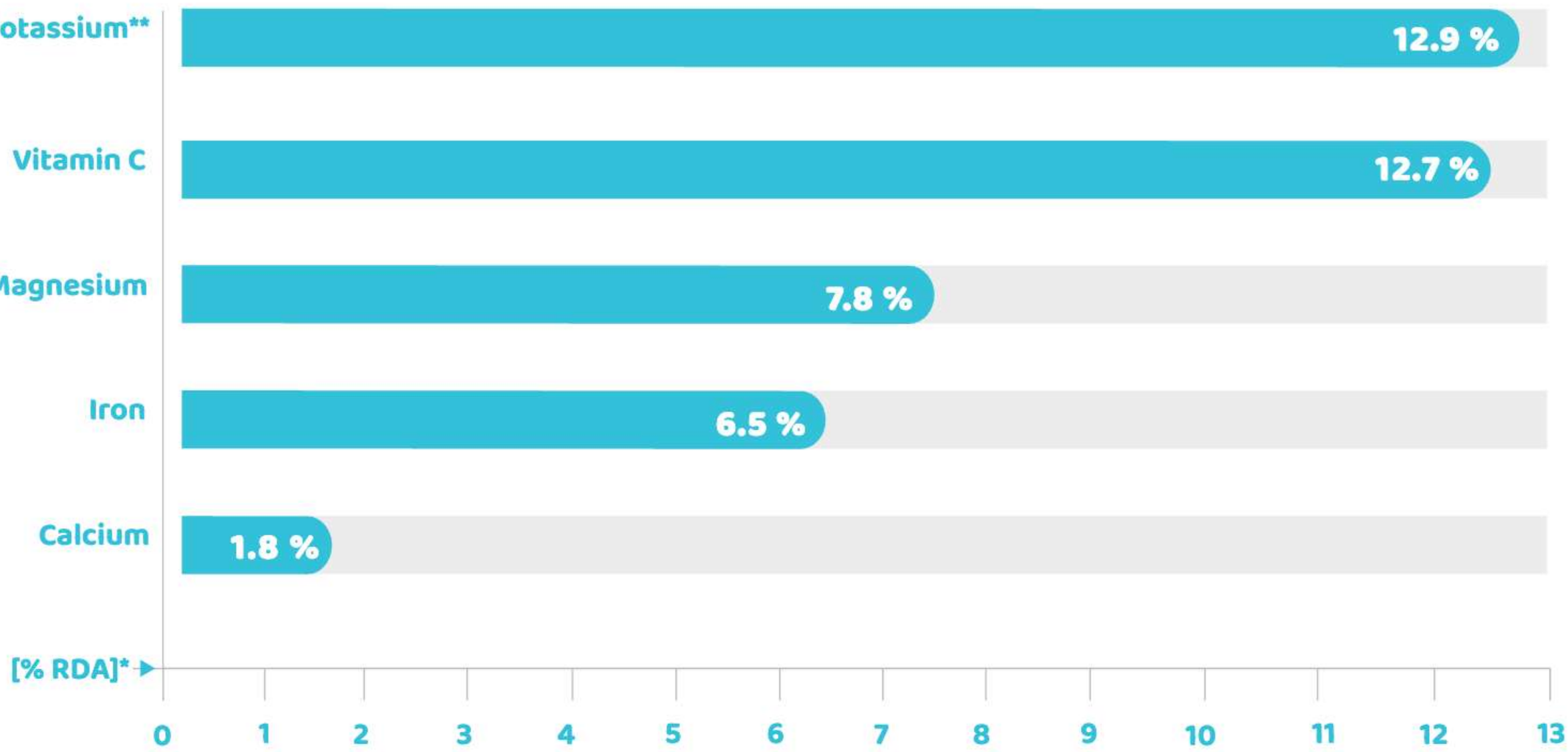
Mix everything and blend

Stir and simmer till it's thick-er

Cool and cut

Garnish with Almonds and love:)

Numbers don't lie, this Date's kinda Fly



Vitamin C and Potassium went on a short trip, it was a sweet Ajwa-nture.

For a small date,
Ajwa sure pulls weight.

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 6 dates

Scan for Test Report

Ingredients

Dried Ajwa Dates.
No added sugars, preservatives or additives.

IMPORTED PRODUCT OF SAUDI ARABIA.

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

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5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Disclaimer: All pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

Nutritional Facts

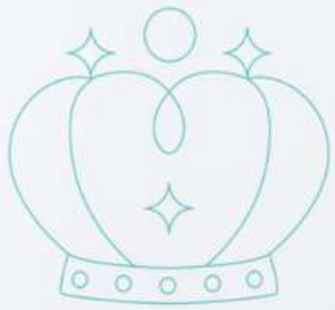
Serving size: 50g (approx. 6 dates)
Servings Per Container: 8

Calories 181kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 2.2mg	
Carbohydrates 44g	
Dietary Fibre 3.4g	9.2%
Sugars 32.5g	
Protein 1.12g	
Potassium 437.6mg	12.9%
Magnesium 27.9mg	7.8%
Calcium 17.6mg	1.8%
Iron 0.5mg	6.5%

*Percent Daily Values are based on a 2,000 calorie diet.

Flyberry™
GOURMET
100% NATURAL
· No added Sugars
· No Preservatives
· No Additives
Nothing but™
Delightful
Deglet Nour Dates
HEALTHY SUPERSNACKS · ON THE FLY ·
DRIED AND TESTED
The light date that tastes just right.
Keep refrigerated at all times between 5-10°C

What makes this berry so fly?



OFTEN REFERRED TO AS THE **QUEEN OF DATES** OR DATE OF LIGHT

LOW ON **CALORIES** AND FAT BUT HIGH ON **ENERGY** THANKS TO ITS **HIGH CARBOHYDRATE** CONTENT

EASY TO WORK WITH

MIXED IN SALADS

ADDED IN ENERGY BARS

STUFFED WITH NUTS

TRANSLUCENT BLONDE COLOR, **SOFT TEXTURE** AND CARAMEL-LIKE FLAVOR

NO ADDED SUGARS **OR PRESERVATIVES**

Butter in a Date. Deglet.

Deglet Date Bars

All you need

15 Deglet Dates

1/2 Cup Almonds

Cranberries

1/3 cup
Cacao Powder

1

Pit your Deglet Dates

Mix! Mix!
Mix! Mix!
Mix! Mix!

1/2 cup
Cocoa Butter

Chia, Pumpkin,
Flax Seeds

Melt the Cocoa Butter

2

3

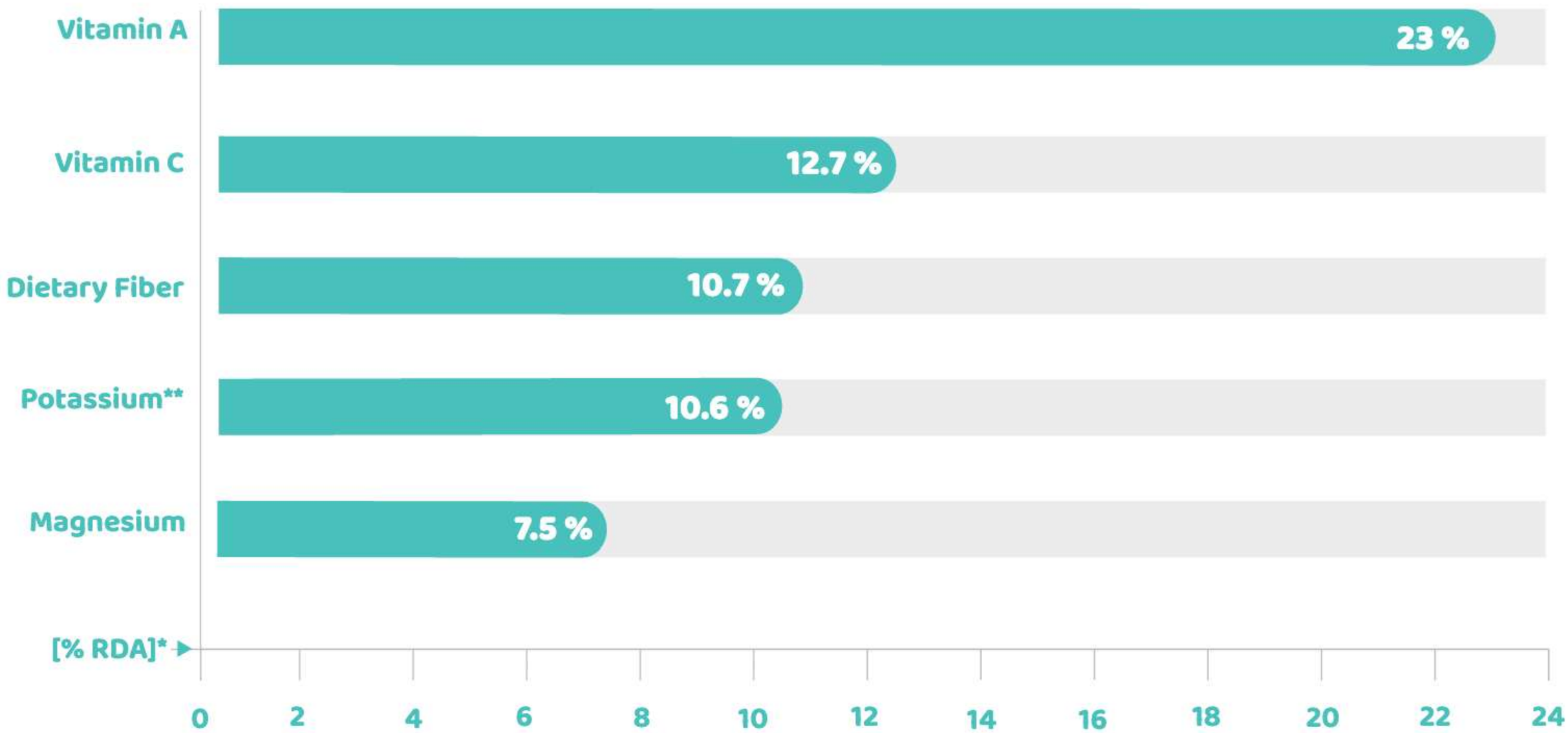
Chill overnight and cut

4

Wake up to a healthy +tasty breakfast date!

5

Numbers don't lie, this Date's kinda Fly



DegLET'S!

Because we're getting 7 super-nutrients in 1 date.

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 8 dates

Scan for Test Report

Ingredients

Dried Deglet Nour Dates.
No added sugars, preservatives or additives.
IMPORTED PRODUCT OF JORDAN

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

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5-9-22/33/B Adarsh Nagar,
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Lic. No. 13624999000008

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Nutritional Facts

Serving size: 50g (approx. 8 dates)
Servings Per Container: 8

Calories 174kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 0mg	
Carbohydrates 42g	
Dietary Fibre 4g	10.7%
Sugars 32g	
Protein 1.2g	
Potassium 358.4mg	10.6%
Magnesium 27mg	7.5%
Calcium 33mg	3.3%
Iron 0.4mg	4.8%

*Percent Daily Values are based on a 2,000 calorie diet.

Flyberry™
GOURMET
100% NATURAL
· No added Sugars
· No Preservatives
· No Additives
Nothing but™
Dreamy
Deri Dates
HEALTHY SUPERSNACKS · ON THE FLY ·
DRIED AND TESTED
Keep refrigerated at all times between 5-10°C
Droolworthy dates you can't forget.

What makes this berry so fly?

IT'S A GREAT
SOURCE OF IRON

MENTAL & PHYSICAL
PERFORMANCE

THIS STICKY TOFFEE DATE

PAIRS WELL WITH

BITTER WALNUTS

CITRUS PEELS

WARM SPICES

IT'S AN ENERGY BOOSTING

PRE WORK OUT SNACK

NO ADDED SUGARS
OR PRESERVATIVES

Dark.
Dense.
Delish.
Deri.

Deri Dark Chocolate Fondue

All you need

10 Deri Dates

1 Cup
Cacao Powder

1/2 Cup
Cocoa Butter

Melt the Cocoa Butter 1

+ Cacao Powder 2

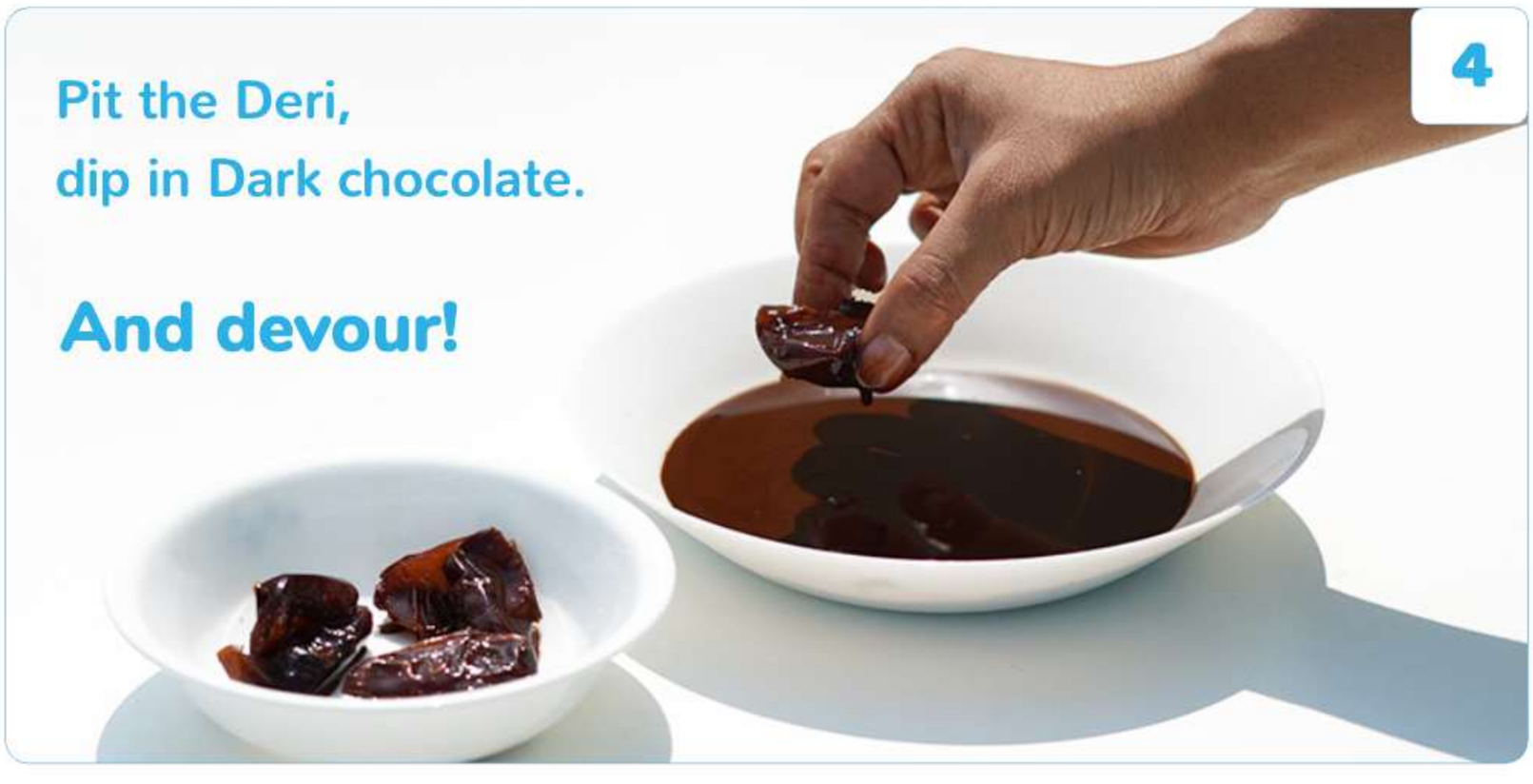
3

Mix!
Mix!
Mix!

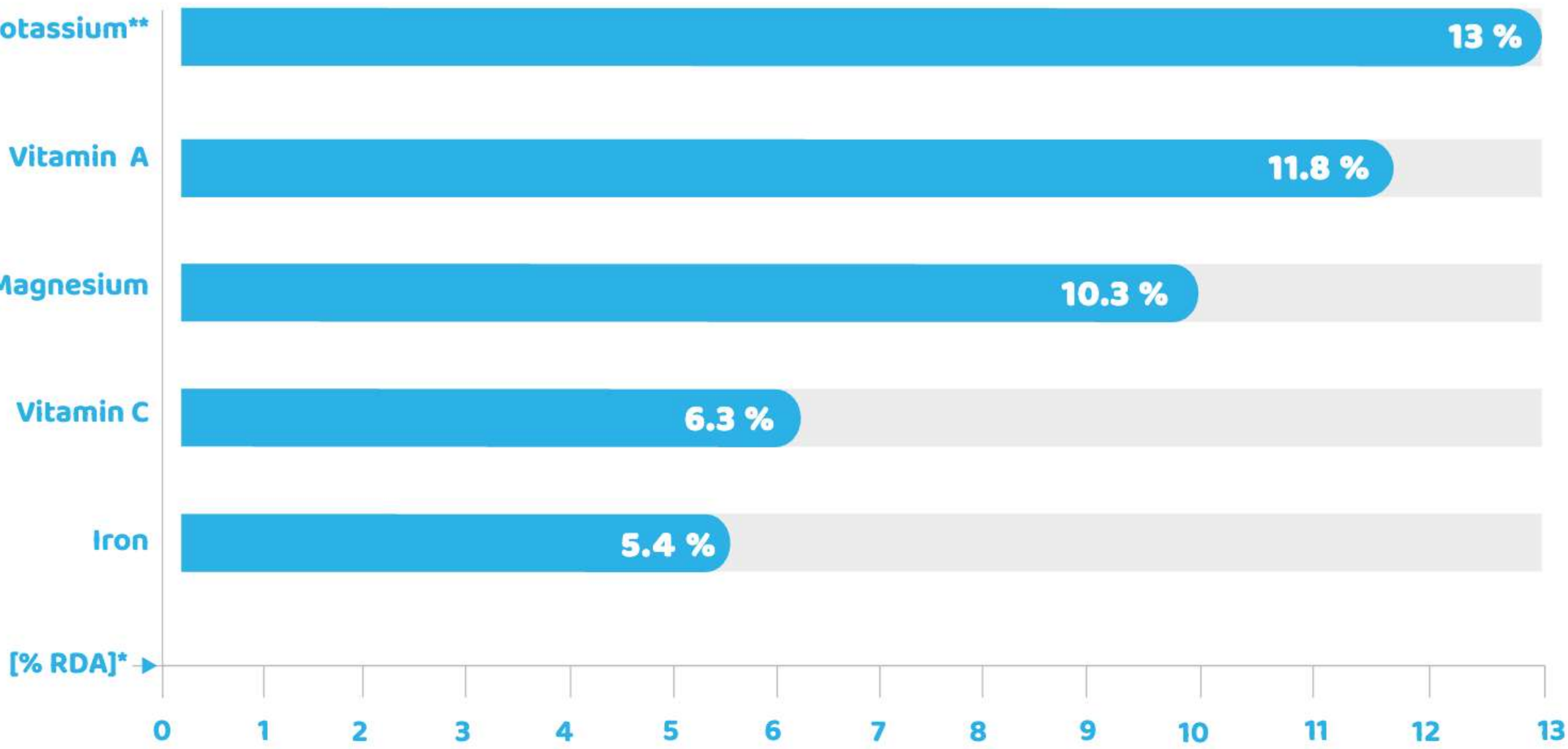
4

Pit the Deri,
dip in Dark chocolate.

And devour!



Numbers don't lie, this Date's kinda Fly



Dairy's perfect date: Deri

Add Deri and add more Calcium, Magnesium and Vitamin A to your milk.

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 5 dates

Scan for Test Report

Ingredients

Dried Deri Dates.
No added sugars, preservatives or additives.

IMPORTED PRODUCT OF JORDAN.

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

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5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

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Lic. No. 13624999000008

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Nutritional Facts

Serving size: 50g (approx. 5 dates)
Servings Per Container: 8

Calories 163kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 0.4mg	
Carbohydrates 39.5g	
Dietary Fibre 3.4g	9%
Sugars 34.75g	
Protein 1.3g	
Potassium 440.2mg	13%
Magnesium 37.3mg	10.3%
Calcium 39mg	4%
Iron 0.4mg	5.4%

*Percent Daily Values are based on a 2,000 calorie diet.

Flyberry™
GOURMET
100% NATURAL
· No added Sugars
· No Preservatives
· No Additives
Keep refrigerated at all times between 5-10°C
Nothing but™
Hallmark
Halawi Dates
HEALTHY SUPERSNACKS · ON THE FLY ·
DRIED AND TESTED
Droolworthy dates you can't forget.

What makes this berry so fly?

LOW ON CALORIES

AND FAT

BUT HIGH ON ENERGY

THANKS TO ITS HIGH CARBOHYDRATE CONTENT

HEALTHY DOSE OF MAGNESIUM THAT IMPROVES BLOOD PRESSURE

AND BONE HEALTH

IT'S A GOOD SOURCE OF DIETARY FIBRE THAT IS GOOD FOR YOUR GUT

PAIRS WELL WITH TANGY FLAVOURS

NO ADDED SUGARS OR PRESERVATIVES

Juicy.
Pulpy.
Sweety.

Halawi Date Bark

All you need

10 Halawi Dates

Chopped Peanuts

1 cup
Peanut Butter

Chocolate

Pit your Halawi Dates

1

2

Spread Peanut Butter

Sprinkle Peanuts all over and

Mix! Mix! Mix!

3

Make your fav shape, freeze for 8-10 hours!

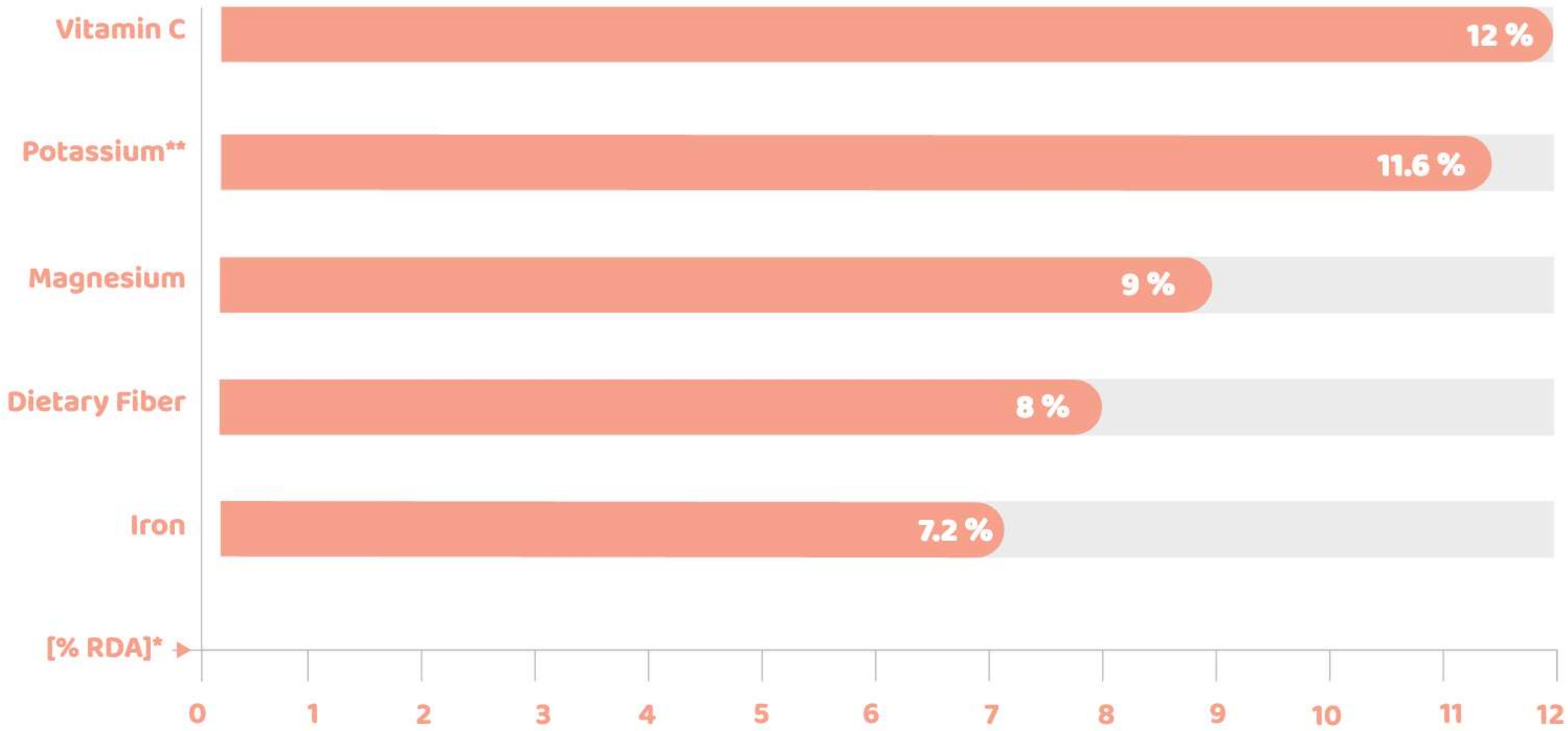
4

5

Drench the Dates in Melted chocolate

Crunchy, creamy, chocolatey in every bite!

Numbers don't lie, this Date's kinda Fly



What does Halawi have in common with a Kiwi ?

Juicy, pulpy, and a lot of Vitamin C

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 4 dates

Scan for Test Report

Ingredients

Dried Halawi Dates.
No added sugars, preservatives or additives.

IMPORTED PRODUCT OF JORDAN.

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

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5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Nutritional Facts

Serving size: 50g (approx. 4 dates)
Servings Per Container: 8

Calories 185kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 0.2mg	
Carbohydrates 44.4g	
Dietary Fibre 3g	8%
Sugars 31g	
Protein 2g	7.75%
Potassium 393mg	11.6%
Magnesium 32.7mg	9%
Calcium 30mg	3%
Iron 0.6mg	7.2%

*Percent Daily Values are based on a 2,000 calorie diet.

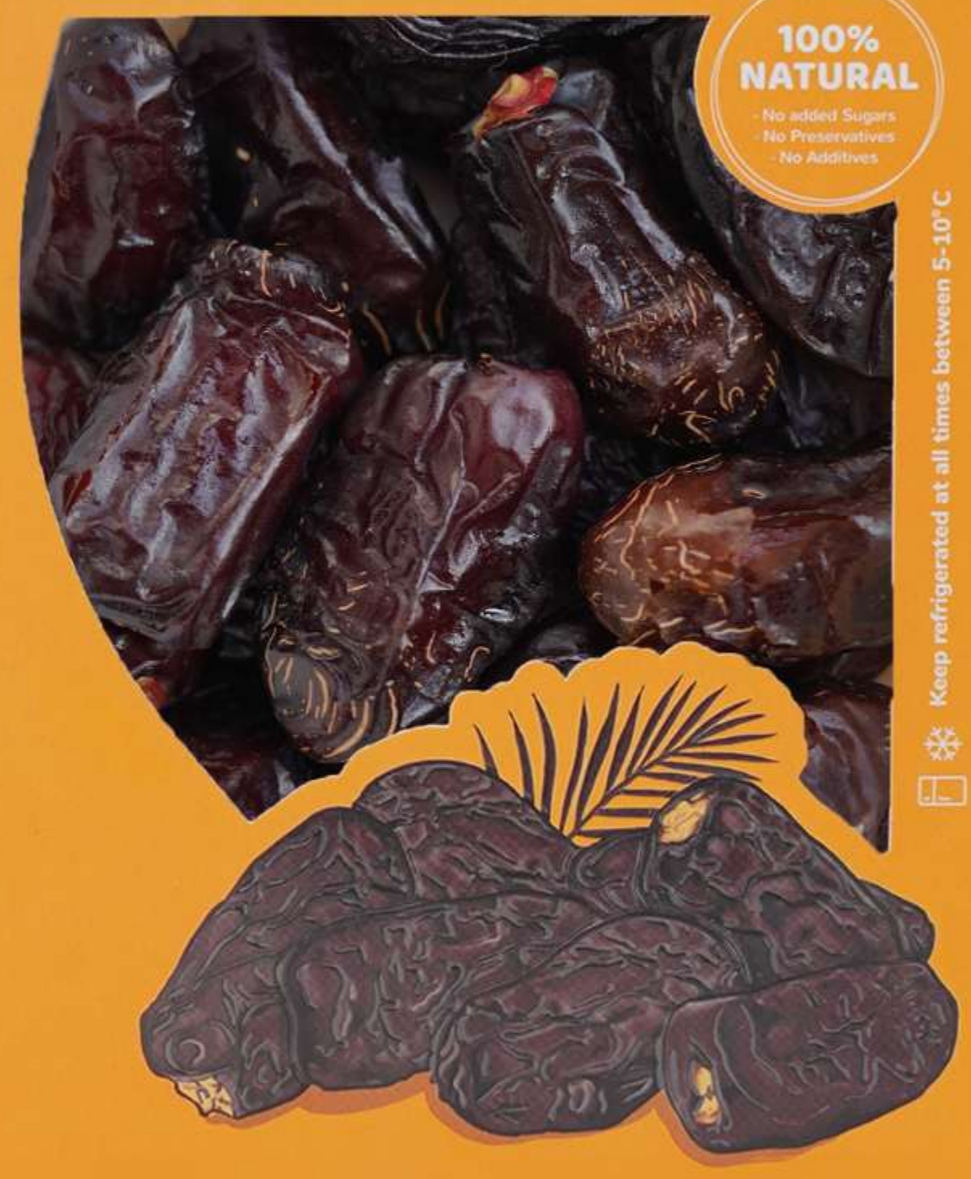
Disclaimer: All pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

Flyberry™
GOURMET

Nothing but™

Knockout Kalmi Dates

Ready for a power-packed date?



100% NATURAL
- No added Sugars
- No Preservatives
- No Additives

Keep refrigerated at all times between 5-10°C

What makes this berry so fly?

THIS DATE IS BEAUTIFUL DARK CHERRY COLOR WITH HINTS OF BROWN

CHEWY, SOFT **SUBTLE** SWEET TASTE WHICH REMINDS ONE OF **COFFEE**

HEALTHY DOSE OF **PHOSPHOROUS** AND **CALCIUM** HELP IN FORMATION **OF BONES AND TEETH**

IT'S A GOOD SOURCE OF **DIETARY FIBRE** THAT IS **GOOD** FOR YOUR **GUT** & WEIGHT MANAGEMENT

PERFECT TO MAKE A **HOMEMADE DATE-** TAMARIND **CHUTNEY**

NO ADDED SUGARS **OR PRESERVATIVES**

Kalmi, Call Me Caramel.

Kalmi Caramel-y Date Sundae

All you need

10 Kalmi Dates

½ Cup Milk

Cinnamon Powder

Vanilla Icecream

Pit the Kalmi Dates

1

Straight to the Blender

2

3

+ Milk + Cinnamon Powder

Blend till it looks like...

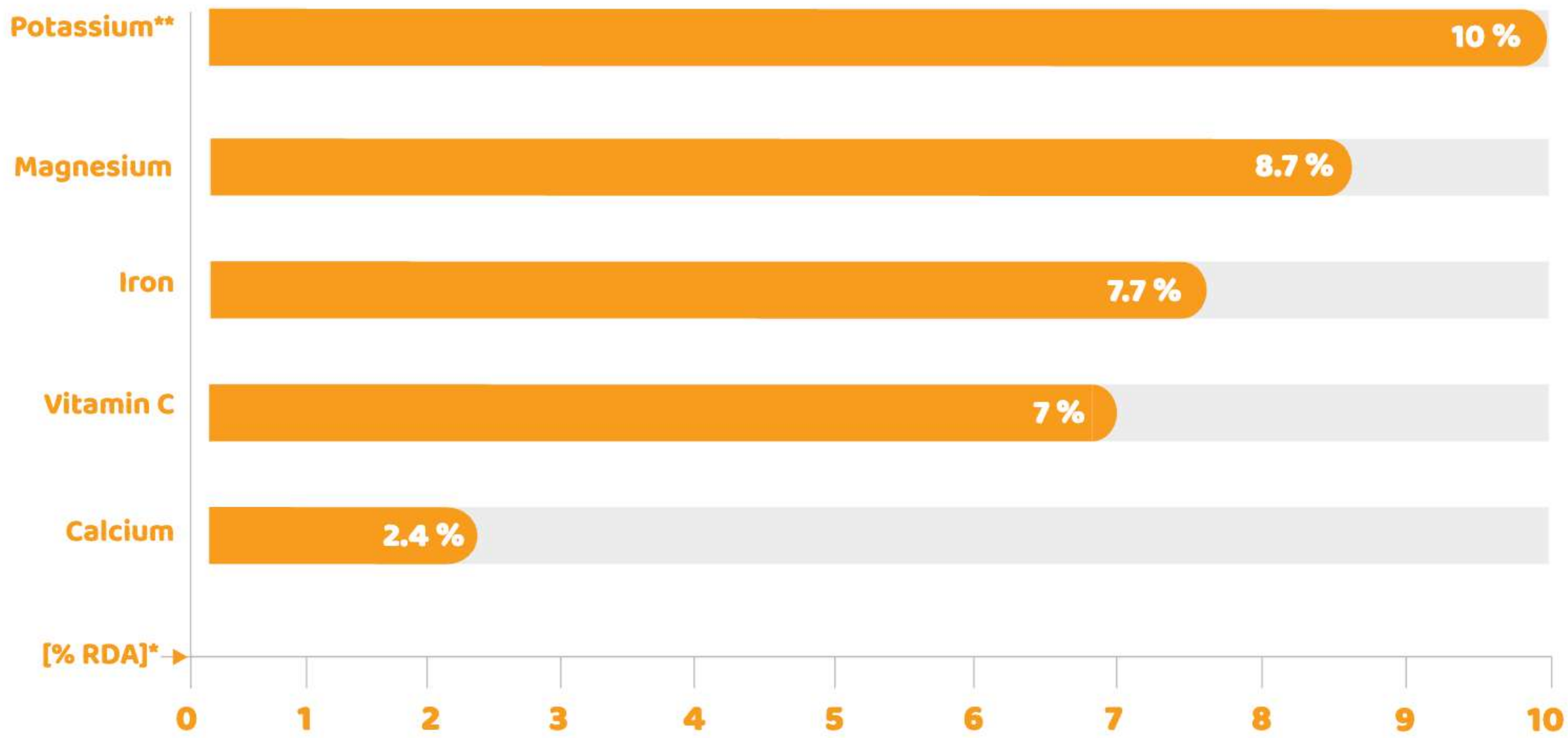
4

5

Top your Vanilla Icecream with the Kalmi Caramel.

Have a great Sundae everyday!

Numbers don't lie, this Date's kinda Fly



Kalmi's pretty Kalming!

It has a lot of Potassium, after all.
Keeps your mind calm and
body composed.

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 5 dates

Scan for Test Report

Ingredients

Dried Kalmi Dates.
No preservatives or additives.

IMPORTED PRODUCT OF SAUDI ARABIA.

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

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5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Nutritional Facts

Serving size: 50g (approx. 5 dates)
Servings Per Container: 8

Calories 180kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 1.5mg	
Carbohydrates 44g	
Dietary Fibre 3.5g	9%
Sugars 35.5g	
Magnesium 31.4mg	8.7%
Vitamin C 6mg	7%
Calcium 23.5mg	2.4%
Iron 0.7mg	7.7%
Potassium 337.3mg	10%

*Percent Daily Values are based on a 2,000 calorie diet.

Disclaimer: All pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

Flyberry™
GOURMET

Nothing but™

Merry Mabroom Dates

A laugh and a half in every date.

100% NATURAL

- No added Sugars
- No Preservatives
- No Additives

Keep refrigerated at all times between 5-10°C

What makes this berry so fly?

HIGH IN
ESSENTIAL MINERALS
SUCH AS

Cu & **Zn**
COPPER ZINC

THAT ENABLE THE BODY TO BUILD
RBCs, IMMUNITY AND METABOLISM

IT'S A GOOD SOURCE OF
DIETARY FIBRE
THAT IS

GOOD FOR YOUR **DIGESTIVE SYSTEM**

IT HAS A
CANDY-LIKE TEXTURE
& a lingering toffee-like taste

WORKS PERFECTLY IN A
VANILLA-DATE
ICE CREAM BLEND
OR DIPPED AND COATED
IN CHOCOLATE

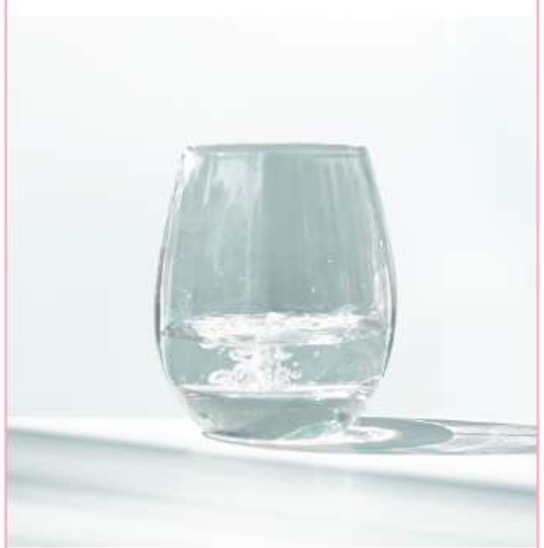
NO ADDED SUGARS
OR PRESERVATIVES

Nature's Toffee Minus the Calories

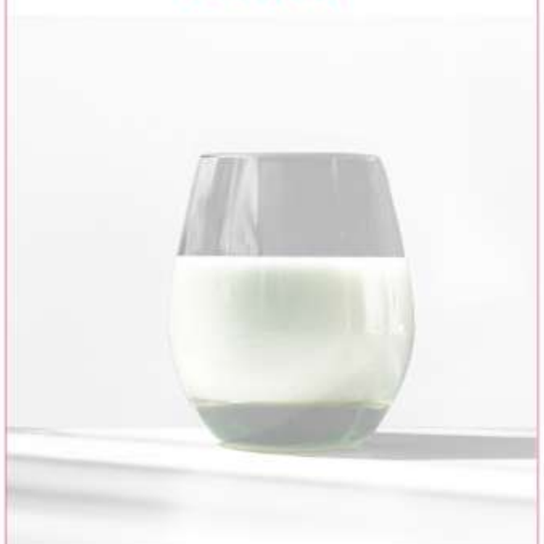
Make Natural Caramel with Nature's Toffee

All you need

10 Mabroom Dates

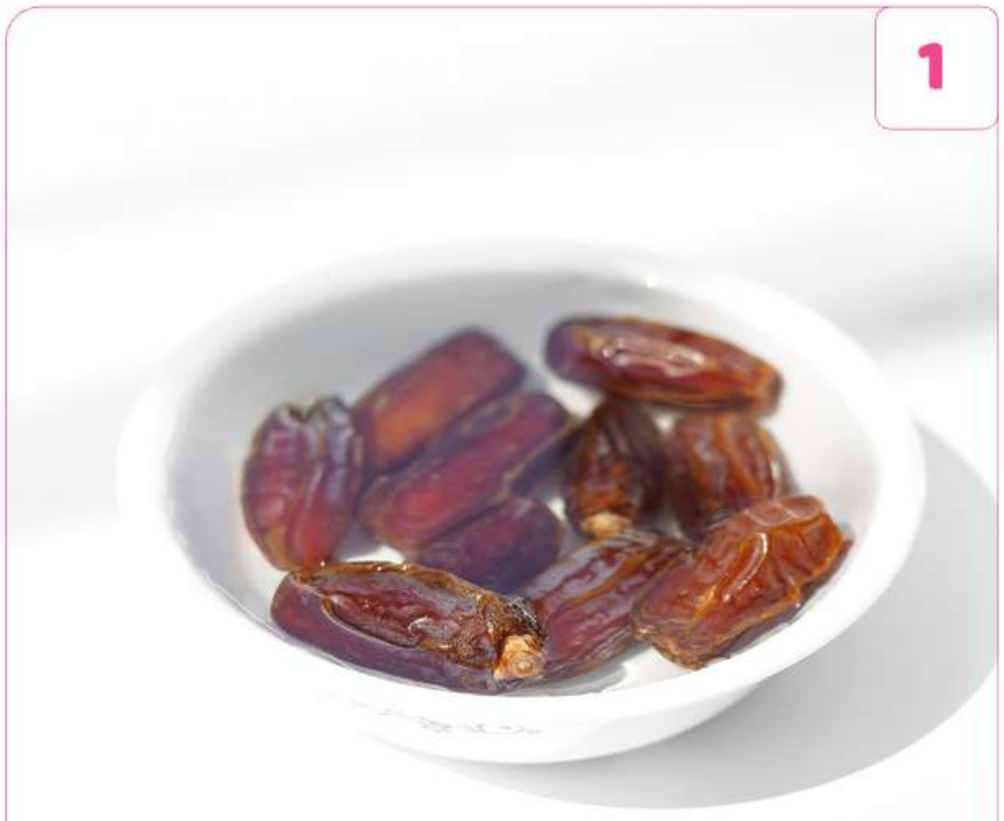


Water



½ Cup Milk

1



Pit and soak until soft

2

Milk + Mabroom

3

Blend

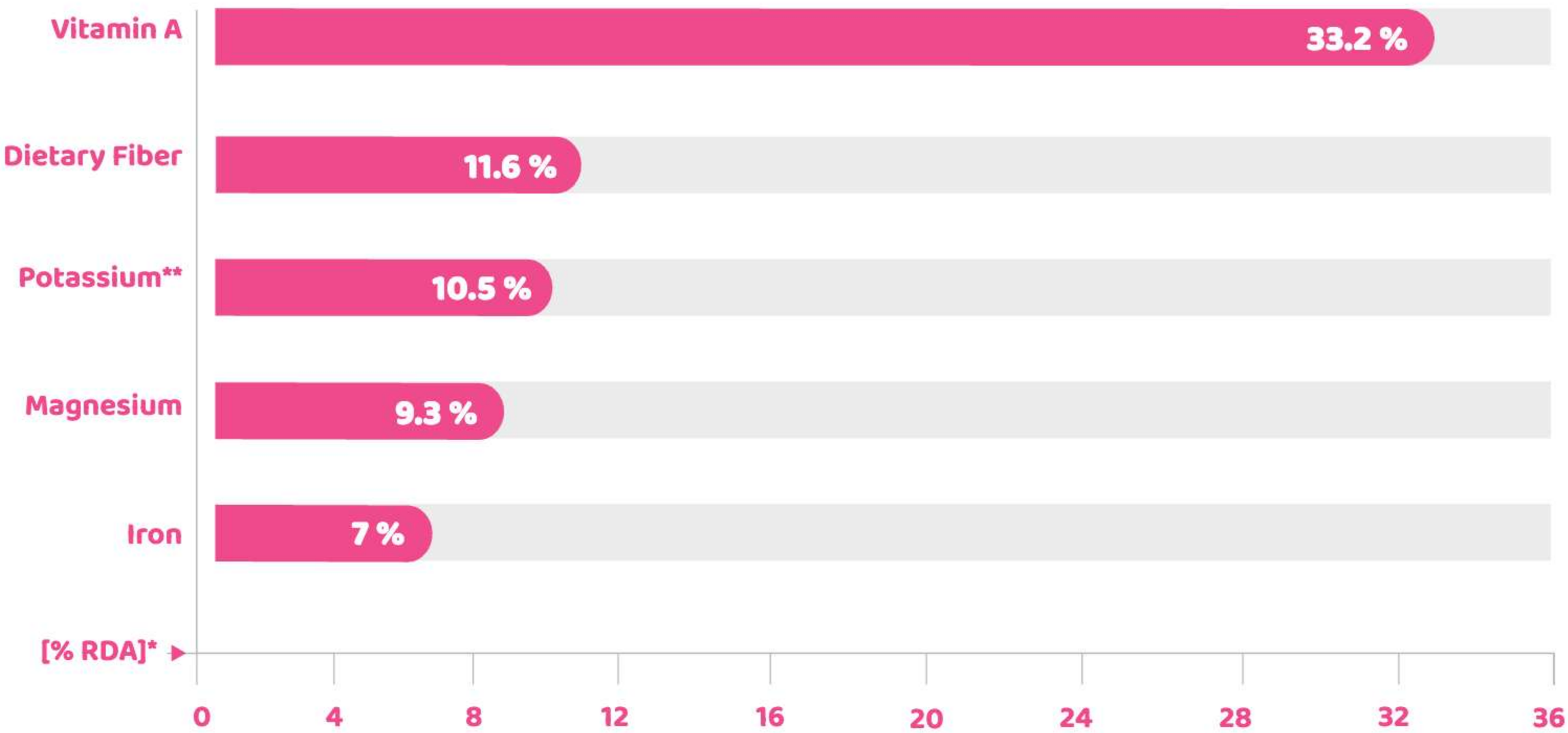
4

Add Milk

Repeat till you get the right consistency.

And you're DONE!

Numbers don't lie, this Date's kinda Fly



IF you can't read this, **Eat Mabroom.**

It's rich in Vitamin A and could help improve vision,
It's also rich in Fiber, Iron, Magnesium.
See for yourself →

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 5 dates

Scan for Test Report

Ingredients

Dried Mabroom Dates.
No preservatives or additives.

IMPORTED PRODUCT OF SAUDI ARABIA.

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Nutritional Facts

Serving size: 40g (approx. 4 dates)
Servings Per Container: 40

Calories 185kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 1.75mg	
Carbohydrates 45g	
Dietary Fibre 4.4g	11.6%
Sugars 35g	
Protein 1.3g	0%
Potassium 356mg	10.5%
Magnesium 33.3mg	9.3%
Calcium 38.5mg	4%
Iron 0.5mg	7%

*Percent Daily Values are based on a 2,000 calorie diet.

Disclaimer: All pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

Flyberry™
GOURMET

100% NATURAL
- No added Sugars
- No Preservatives
- No Additives

Nothing but™

Majestic Medjoul Dates

Keep refrigerated at all times between 5-10°C

Nature's Crown Jewel.

What makes this berry so fly?

LOW ON CALORIES

AND FAT

BUT HIGH ON ENERGY THANKS TO ITS HIGH CARBOHYDRATE CONTENT

IT'S A GOOD SOURCE OF DIETARY FIBRE THAT IS GOOD FOR YOUR GUT

HEALTHY DOSE OF calcium, iron and vitamin B6

CONTAINS ALMOST DOUBLE THE POTASSIUM THAN BANANAS*

*per 100 g

× NO ADDED SUGARS OR PRESERVATIVES

~5x*
Larger
10x
Better

*compared to other commonly available Date varieties

Don't wait. Just Date.

All you need

Flyberry
Medjoul Dates

1

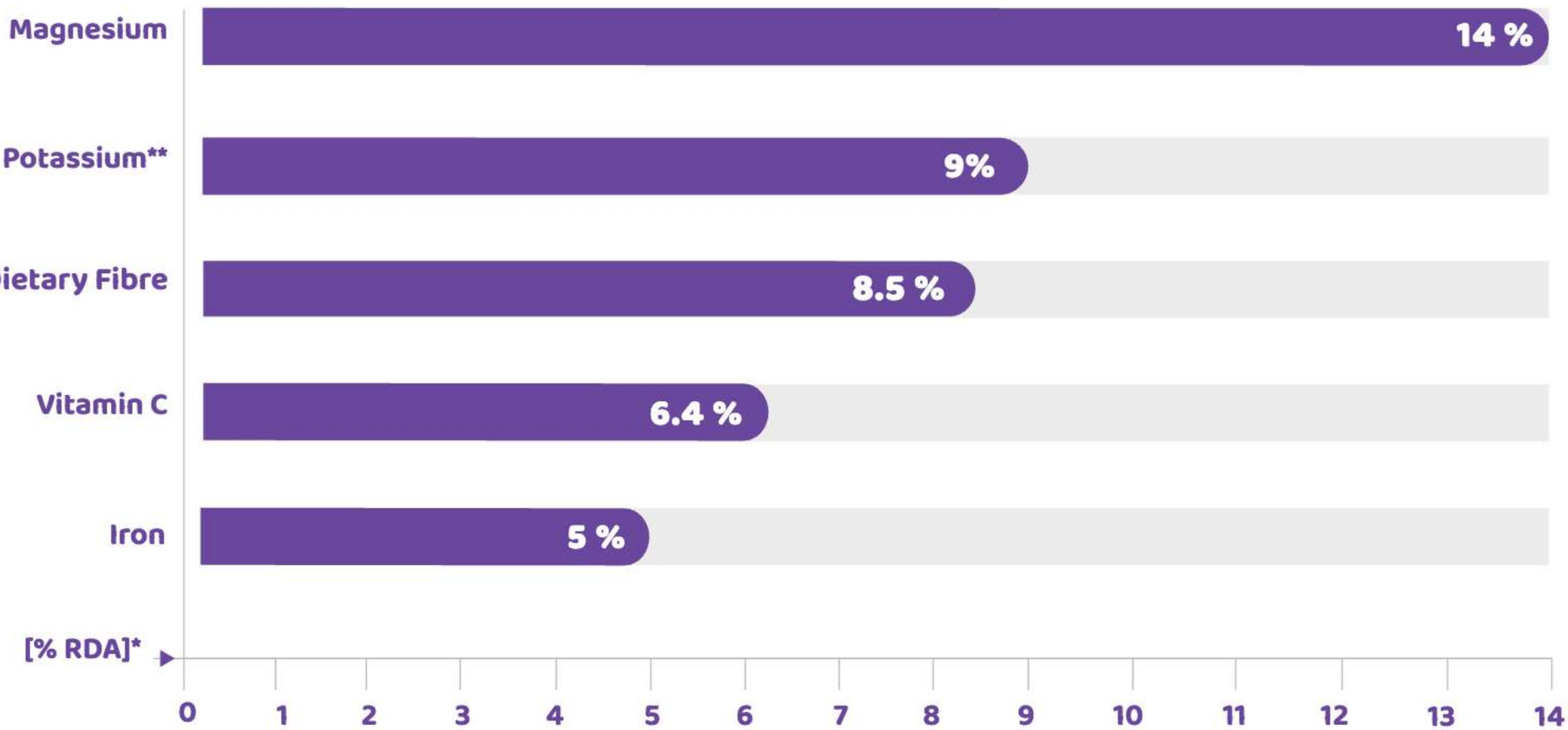
Straight from the Packet

2

3

Just Snack-Attack it.

Numbers don't lie, this Date's kinda Fly



The best candi-date!

Everyone loves a Medjoul.
Your taste buds, your heart, your bones,
your gut – Every. One.
Seriously, the king of dates for a reason!

Taste ✓	Test ✓✓

[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
**Adequate Intake

Serving Size: ~50 g or 2 dates

Scan for Test Report

Ingredients

Dried Medjoul Dates.
No preservatives or additives.

IMPORTED PRODUCT OF JORDAN.

NO ADDED SUGAR
100% Natural

Manufactured & Marketed by:

FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Nutritional Facts

Serving size: 50g (approx. 2 dates)
Servings Per Container: 8

Calories 184kcal	Calories from Fat 0
Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	
Trans Fat 0g	
Sodium 0.3mg	
Carbohydrates 45g	
Dietary Fibre 3.2g	8.5%
Sugars 32.5g	
Protein 1g	
Potassium 302.4mg	9%
Magnesium 51mg	14%
Calcium 40mg	4%
Iron 0.4mg	5%

*Percent Daily Values are based on a 2,000 calorie diet.

Disclaimer: All pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

Wanna Date?™
Flyberry™
GOURMET
Just a sweet, delicious Medjoul date.

Ingredients: Dried Medjoul Date,
No added sugars or preservatives.

Nutritional Facts

Serving Size: ~25 gm or 1 date

Energy	92 Kcal
Proteins	0.5 g
Carbohydrates	22.5 g
Sugars	16.2 g
Total Fat	0g
Sodium	0.15mg
Dietary Fibre	1.6 g
Magnesium	25.5 mg
Potassium	151.2 mg

IMPORTED PRODUCT OF JORDAN.

MANUFACTURED & MARKETED BY:

FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

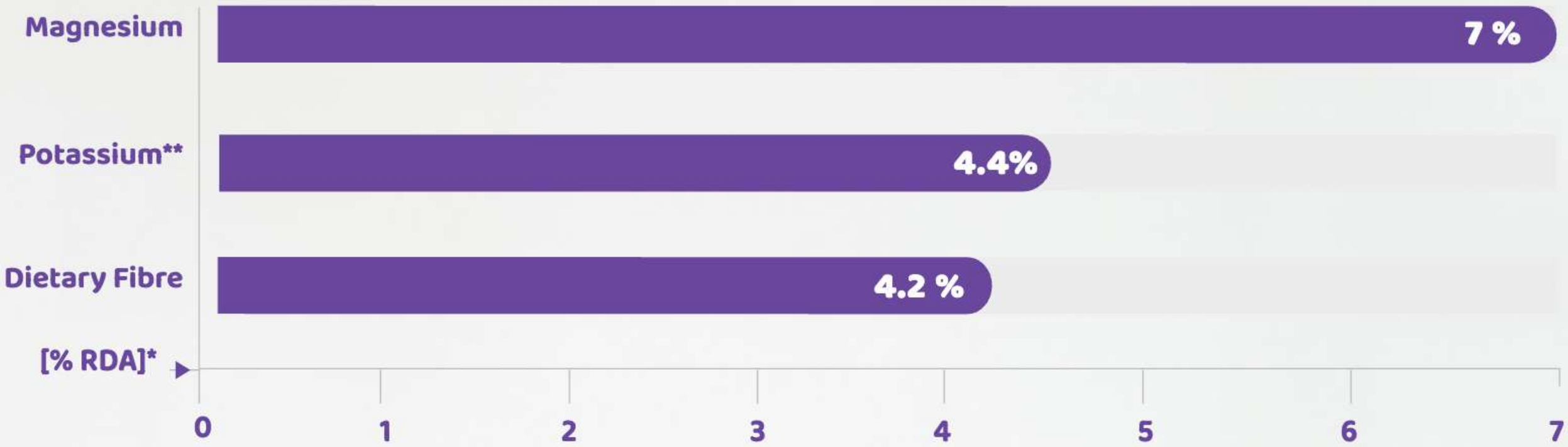
Keep refrigerated at all times between 5-10°C.

NO ADDED SUGAR
100% Natural

~5x*
Larger
10x
Better

*compared to other commonly available Date varieties

The Best Pre Workout Partner



[% Recommended Daily Allowance] *calculated for an adult male with a 2,000 kcal/ day diet intake
Serving Size: 25gm or 1 Dates
**Adequate Intake

Serving Size: ~25 g or 1 dates

Each Date has **~90Kcal**
of Slow Sustained Clean Energy

Sweet you like,
without the Sugar Spike

Don't Wait. Just Date.

Plump, Juicy & Oh-So-Succulent

100% NATURAL

No added Sugar

No added Preservative

Ingredients: Dried Medjoul Date,
No added sugars or preservatives.

Nutritional Facts

Serving Size: ~25 gm or 1 date

Energy	92 Kcal
Proteins	0.5 g
Carbohydrates	22.5 g
Sugars	16.2 g
Total Fat	0g
Sodium	0.15mg
Dietary Fibre	1.6 g
Magnesium	25.5 mg
Potassium	151.2 mg

IMPORTED PRODUCT OF JORDAN.

MANUFACTURED & MARKETED BY:

FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Keep refrigerated at all times between 5-10°C.

NO ADDED SUGAR
100% Natural

Meet your MUFA!
Flyberry™
GOURMET
100% Natural
Excellent Keto Snack
Rich in Heart-Healthy MUFA
Punch of Energy
High in Thiamine
Nothing but™
Macadamia Nuts
From Australia

Ingredients
Macadamia Nuts.
No added preservatives.
Storage conditions
Store in a refrigerator, away from moisture, to retain freshness.
Allergens
May contain traces of peanuts and other tree nuts.
Like our product?
WE WOULD LOVE TO HEAR FROM YOU.
Customer Care
For any feedback or complaints, please contact our Customer Care Executive on +91-9700919999 or Email us at: hello@flyberry.in
Shop the range on
www.flyberry.in
Follow us
FlyberryGourmet
Country of Origin: Australia
Nutritional Facts
Energy 143 Kcal 7.2%
Saturated Fat 1.4g
Unsaturated Fat 15.8g
MUFA 5.6g
PUFA 10.2g
Cholestrol 0mg 0%
Protein 1.6g 3.2%
Carbohydrates 2.8g 2.8%
Total Sugar 0.9g 3%
Dietary Fibre 1.7g 4.8%
Vitamin B1 0.2mg 20%
Vitamin B3 0.5mg 3.1%
Vitamin B5 0.2mg 3%
Vitamin B6 0.1mg 2.5%
Manganese 0.8mg 20.7%
Magnesium 26mg 7.3%
Manufactured & Marketed by:
FLYBERRY INTERTRADE PVT. LTD.
8-13-8/22, Old Kurnool Road, Near NGOS Colony, Mailardevpally, Kattedan, R.R. District, Hyderabad - 500077, Telangana, India
fssai
Lic No. 13622013000150
This is one tough nut, literally!
Although we cannot say for certain exactly when the ancient Aboriginal folk of Australia began munching on Macadamia nuts, we do know that they've been doing it for so long that it's become a fabled part of their culture, with stories passed down through the ages. It's no wonder why the Bushmen were willing to go through all the trouble of cracking open the toughest nut known to man with nothing but their primitive tools.
The Macadamia nut is a gustatory sensation like no other, with a buttery, smooth, fatty texture that's practically indescribable. So, pick a nut, savor it slowly, and it will be the most luxurious feeling your taste buds will have ever known!
Illustrations used are for artistic purposes only. Actual product may vary.
MUFAbulous
C16 H30 O2
Lower total and LDL cholesterol
Increase HDL cholesterol
Improve insulin resistance
NET WEIGHT:
BATCH NO:
MFG. DATE:
BEST BEFORE
MRP:
8 906107 214802

Crunchier, Creamier, Macadamia

Macadamia Nut Pulao

All you need

Macadamia Nuts

1Cup Sliced Onions

1/2 Cup
Basmati Rice

Cashews

Salt

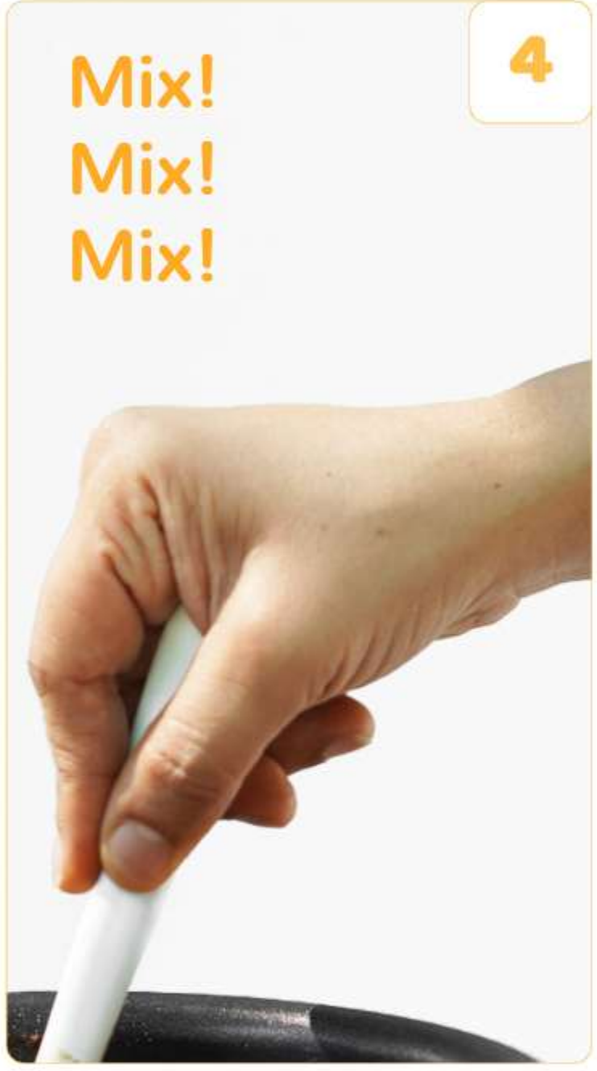
Ghee

1/4 Cup
Chopped Pineapple

1/8 Cup
Sweet Corn

Wash and soak the Rice

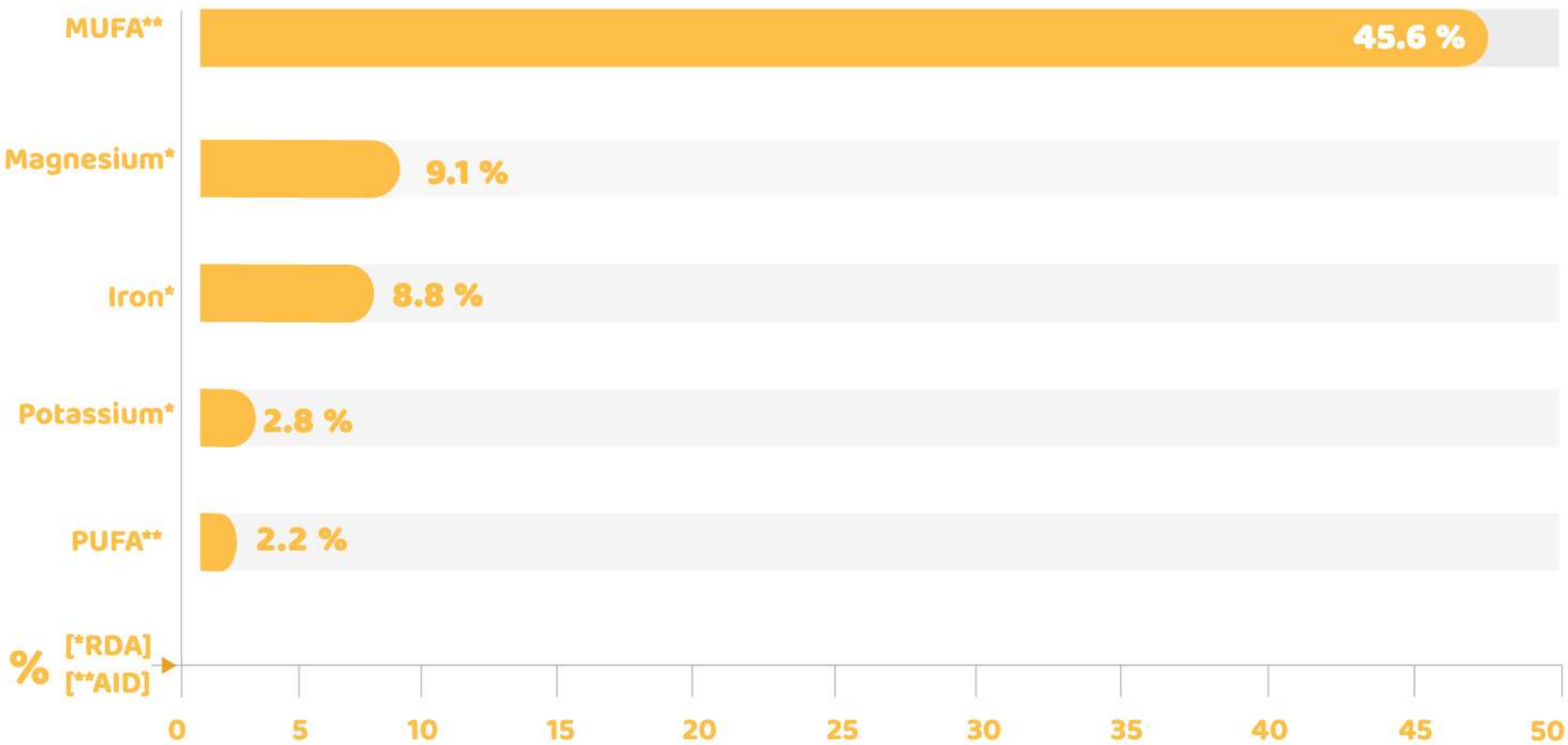
+Sliced Onions
+Chopped Pineapples
+Sweet Corn



Introduce Rice +Water +Salt lidding to the Grand Finale!

Mix Macadamia Nuts when done.

Numbers don't lie, this Nut's kinda Fly



Get your FATS right!

Macadamia nuts are loaded with MUFA, healthier fats that make your heart a healthier place.

Taste ✓	Test ✓✓

[Recommended Daily Allowance] [Adequate Intake for Dietary Fats] calculated for an adult male with a 2,000 kcal/ day diet intake

Per Serving Size of 25 g or 10 nuts

Scan for Test Report

Nutritional Facts

Serving Size: 25 g or 10 nuts

Amount Per Serving	% Daily Value*
Energy 191kcal	9.5%
Total Fat 18.7g	
MUFA 15g	
PUFA 0.4g	
Protein 2.1g	
Carbohydrates 3.3g	
Total Sugar 0.7g	
Dietary Fibre 2g	7%
Manganese 14.8 mg	
Calcium 14.7 mg	1.4%
Iron 0.7 mg	8.8%
Potassium 95.2 mg	2.8%
Magnesium 33 mg	9.1%

*Percent Daily Values are based on a 2,000 calorie diet.

Manufactured & Marketed by:
FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai
Lic. No. 13624999000008

Key to Gamma-E!
Flyberry™
GOURMET
Rich in Gamma Tocopherol
100% Natural
Good Source of Thiamine
Excellent Keto Snack
Packed with Zinc and Magnesium
Nothing but™
Pecan Nuts
From USA

Ingredients
Pecan Nuts.
No added preservatives.
Storage conditions
Store in refrigerator between 0-6°C.
Pecans can also be frozen, thawed and refrozen without compromising taste or texture during the freezing period.
Allergens
May contain traces of peanuts and other tree nuts.
Like our product?
WE WOULD LOVE TO HEAR FROM YOU.
Customer Care
For any feedback or complaints, please contact our Customer Care Executive on +91-9700919999 or Email us at: hello@flyberry.in.
Shop the range on
www.flyberry.in
Follow us
FlyberryGourmet
Country of Origin: USA
Nutritional Facts
Serving Size - Per 30g (~13 Nuts)
Amount Per Serving | % Daily Value*
Energy 207.3kcal | 10.5%
Fat 21.6g | 32.1%
Saturated Fat 1.8g | 8.4%
Unsaturated Fat 18.6g
MUFA 12.2g
PUFA 6.5g
Cholestrol 0mg | 0%
Protein 2.7g | 5.4%
Carbohydrates 4.2g | 4.2%
Total Sugar 1.2g | 3.9%
Dietary Fibre 2.8g | 8.1%
Vitamin E 7.3mg | 73.2%
Vitamin B1 0.2mg | 16.5%
Zinc 1.3mg | 3%
Magnesium 36.3mg | 10.2%
Phosparus 83.1mg | 8.4%
Iron 0.8mg | 3.3%
*Percent Daily Values are based on a 2,000 calorie diet.
Manufactured & Marketed by:
FLYBERRY INTERTRADE PVT. LTD.
8-13-8/22, Old Kurnool Road, Near NGOS Colony, Mailardevpally, Kattedan, R.R. District, Hyderabad - 500077, Telangana, India.
fssai
Lic. No. 13622015000158
This sweet nut has two natural habitats- Floodplains and Pies!
The mighty Pecan is an American icon, thriving in the sunny landscapes on lush floodplains and riverbanks of the Southern United States. Their buttery, sweet flavour has been loved by all the inhabitants of the continent, from the Native Indians who relied on this nut for sustenance to renowned presidents who claimed it to be a national treasure.
This scrumptious nut is extremely particular about climate conditions as the slightest drop in temperature can cause them not to appear for a full season! It's all worth the effort though, to gather a few nuts to bake your favourite pie!
Illustrations used are for artistic purposes only. Actual product may vary.
Guardian Gamma
γ-E
γ-tocopherol
Gamma-tocopherol is a form of Vitamin E which is vital for human health
Reduces inflammation
Supports anti-aging
Enhances brain health
NET WEIGHT:
BATCH NO.:
MFG. DATE:
BEST BEFORE:
M.R.P. ₹:
8 906107 214789

Walnut's softer sweeter twin

Roasted Spiced Pecan Nuts

All you need

Pecan Nuts

1/3 Cup Butter

× ½

Ground Mustard

× ½

Chilli Powder

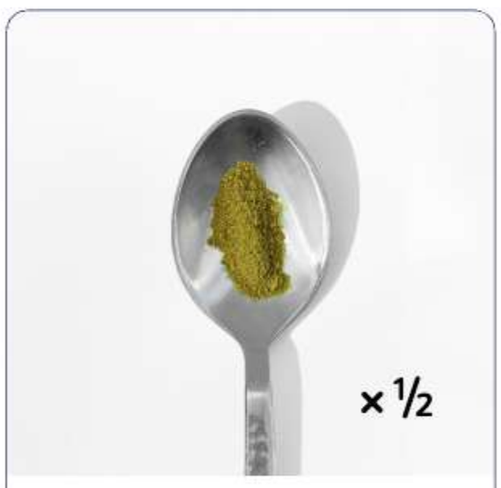
1

Butter on the Burner!

2

+Salt +Garlic Powder
+Ground Mustard +Chilli Powder

Mix! Mix!
Mix! Mix!
Mix! Mix!



× ½

Garlic Powder

× 1 ½

Salt

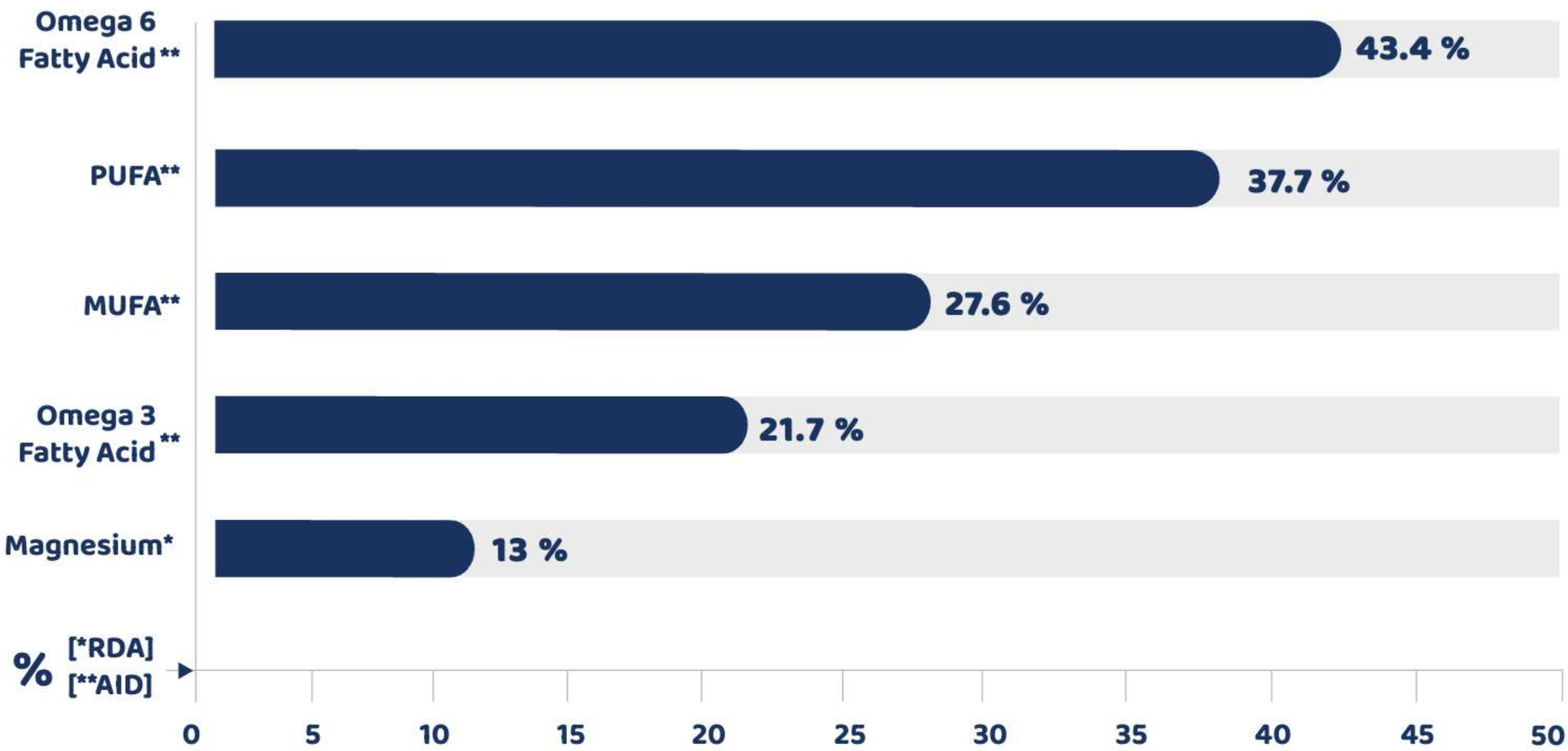
3

Pecan Nuts
in the mix

4

Roasted, spiced, and ready to be picked-Pecan Nuts.

Numbers don't lie, this Nut's kinda Fly



There's a "nut" in NUTrition
and there's a ton of nutrition in this nut!

Heart, brain, muscle, and nerve,
Cover them all with a Pecan serve!

Taste ✓	Test ✓✓

[Recommended Daily Allowance] [Adequate Intake for Dietary Fats] calculated for an adult male with a 2,000 kcal/ day diet intake

Per Serving Size of 25 g or 14 nuts

Scan for Test Report

Nutritional Facts

Serving Size: 25 g or 14 nuts

Amount Per Serving	% Daily Value*
Energy 184 kcal	9.2%
Total Fat 18g	
MUFA 9.2g	
PUFA 6.8g	
Protein 2.3g	
Carbohydrates 3.2g	
Total Sugar 1.2g	
Dietary Fibre 2.3g	6.2%
Manganese 5.5 mg	
Calcium 17.3 mg	1.7%
Iron 0.8 mg	10%
Potassium 128.7 mg	3.8%
Magnesium 46.2 mg	13%
Vitamin E 0.35mg	2.5%

*Percent Daily Values are based on a 2,000 calorie diet.

Manufactured & Marketed by:
FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai
Lic. No. 13624999000008

Taste the Selenium!
Flyberry™
GOURMET
Richest Natural Source of Selenium
Powerful Anti-Oxidant
Excellent Keto Snack
100% Natural
Heart-Healthy Fats
Nothing but™
Brazil Nuts
from Bolivia

Ingredients
Brazil Nuts.
No added preservatives.
Storage conditions
Store in a refrigerator, away from moisture, to retain freshness.
Allergens
May contain traces of peanuts and other tree nuts.
Like our product?
WE WOULD LOVE TO HEAR FROM YOU.
Customer Care
For any feedback or complaints, please contact our Customer Care Executive on +91-9700919999 or Email us at: hello@flyberry.in.
Shop the range on
www.flyberry.in
Follow us
FlyberryGourmet
Country of Origin: Bolivia
Nutritional Facts
Serving Size - 10g (2 Brazil Nuts)
Amount Per Serving | % Daily Value*
Energy 66.1kcal | 3.3%
Total Fat 6.7g | 26.8%
Saturated Fat 1.5g
Unsaturated Fat 4.8g
MUFA 2.4g
PUFA 2.4g
Cholestrol 0mg
Protein 1.4g | 3.3%
Carbohydrate 1.2g | 0.4%
Total Sugar 0.2g | 7.8%
Dietary Fibre 0.8g | 0%
Selenium 191.8mcg | 479%
Magnesium 37.5mg | 10.7%
Phosphorus 72.5mg | 7.3%
Potassium 66.1mg | 2.0%
Vitamin E 0.6mg | 3.8%
Calcium 16mg | 1.6%
Manufactured and Marketed by:
FLYBERRY INTERTRADE PVT. LTD.
8-13-8/22, Old Kurnool Road, Near NGOS Colony, Mailardevpally, Katedan, R.R. District, Hyderabad - 500077, Telangana, India.
fssai
Lic. No. 13622015000158
This exotic Amazon native is more than just a nut, it's a supernut!
Dwelling on 500 year old trees that grow to over 150ft in height in the heart of lush rainforests, these wild nuts soak up rare minerals and nutrients via roots that reach deep into the complex, fertile Amazonian soil. Untouched by man and caressed by mother nature's goodness, we present to you the Brazil nut, just the way it was intended to be savoured - raw and unsalted. Enjoy their smooth, creamy texture as it slowly makes way for a buttery, bittersweet aftertaste!
Illustrations used are for artistic purposes only. Actual product may vary.
8 906107 214758
Standout Selenium Source
Se
May help boost testosterone
Thyroid Friendly
Potent Anti-Oxidant
NET WEIGHT:
BATCH NO.:
MFG. DATE:
BEST BEFORE:
M.R.P. ₹:

A soft Nut to crack

Want Vegan Parmesan cheese? Get Brazil Nuts!

All you need

Brazil Nuts

1/4 Cup
Nutritional Yeast

1/4 Cup
Garlic Powder

1/4 Cup
Onion Powder

1

Break it down!

2

+Yeast
+Garlic Powder
+Onion Powder

3

Pulse till powdered!

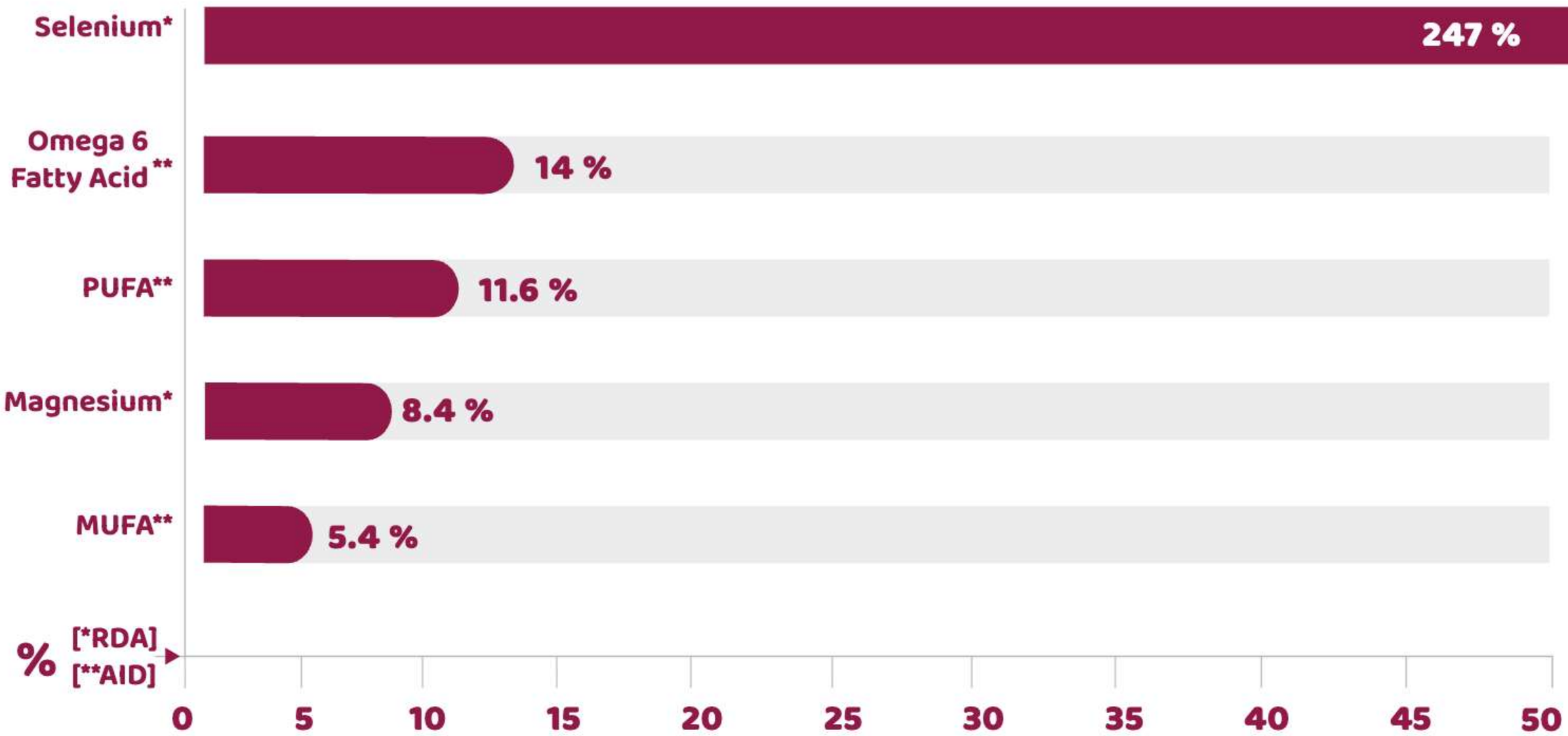
4

Salt it to perfection

5

Stir, store, savour!

Numbers don't lie, this Nut's kinda Fly



The richest source of Selenium. Period.

Just 2 Brazil nuts a day
keep immunity and vitality A-okay!

Taste ✓	Test ✓✓

[Recommended Daily Allowance] [Adequate Intake for Dietary Fats] calculated for an adult male with a 2,000 kcal/ day diet intake

Per Serving Size of 8 g or 2 nuts

Scan for Test Report

Nutritional Facts

Serving Size: 8 g or 2 nuts

Amount Per Serving	% Daily Value*
Energy 59.3kcal	3%
Total Fat 5.5g	
MUFA 1.8g	
PUFA 2.1g	
Protein 1.2g	
Carbohydrates 1.3g	12.2%
Total Sugar 0.2g	
Dietary Fibre 0.7g	
Manganese 1.2mg	
Calcium 19.4 mg	1.9%
Iron 0.3 mg	3.2%
Potassium 59.6 mg	1.7%
Magnesium 30.5 mg	8.4%
Selenium 136 mg	247%

*Percent Daily Values are based on a 2,000 calorie diet.

Manufactured & Marketed by:

FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai

Lic. No. 13624999000008

Better with Fiber!
Flyberry™
GOURMET
100% Natural
Loaded with Gut-Friendly Fiber and Magnesium
Essential Vitamin B9 Support
Antioxidant-Rich Vitamin E Source
Packed with Thiamine
Nothing but™
Hazelnuts
from Turkey

Ingredients

Hazelnuts.
No added preservatives.

Storage conditions

Store in refrigerator between 10-15°C.
Freeze for longer shelf life and thaw before consumption. Keep pack sealed and away from strong odors.

Allergens

May contain traces of peanuts and other tree nuts.

Like our product?

WE WOULD LOVE TO HEAR FROM YOU.

Customer Care

For any feedback or complaints, please contact our Customer Care Executive on +91-9700919999 or Email us at: hello@flyberry.in.

Shop the range on
www.flyberry.in

Follow us
FlyberryGourmet

Country of Origin: Turkey

Nutritional Facts

Serving Size - Per 30g (~27 Nuts)

Amount Per Serving	% Daily Value*
Energy 188.4kcal	9.4%
Fat 18.2g	27.2%
Saturated Fat 1.3g	6%
Unsaturated Fat 16.8g	
MUFA 13.7g	
PUFA 2.4g	
Cholestrol 0mg	0%
Protein 4.5g	9%
Carbohydratos 5.1g	5%
Total Sugar 1.3g	4.3%
Dietary Fibre 2.9g	8.1%
Manganese 1.8mg	46.4%
Vitamin E 4.5mg	45%
Vitamin B1 0.2mg	16.1%
Vitamin B9 33.9mg	13%
Magnesium 48.9mg	13.8%
Phosphorus 87mg	8.7%

*Percent Daily Values are based on a 2,000 calorie diet.

Manufactured & Marketed by:
FLYBERRY INTERTRADE PVT. LTD.
8-13-8/22, Old Kurnool Road, Near NGOS Colony, Mailardevpally, Kattedan, R.R. District, Hyderabad - 500077, Telangana, India.

fssai
Lic. No. 13822015000158

A love story for the ages!

Intriguingly, throughout history, cultures worldwide have been captivated by the unassuming hazelnut. The Celts, Norse, and Greeks all seemed to agree on the mystical attraction of this humble nut, believing it held deep wisdom and boundless fortune. While the reasons behind this adoration remain shrouded in mystery, one thing is clear: everyone wanted a good reason to munch on these little delights!

But leave it to the Italians, the master confectioners, to invent a delicious plan. They happily married hazelnuts with chocolate, birthing an irresistible treat that made indulgence an unforgettable pleasure.

Illustrations used are for artistic purposes only. Actual product may vary.

Hyper Fiber

Dietary fiber is a natural plant material that is not absorbed in the gut, thus regulating digestion

- Nurtures a healthy gut
- Promotes fullness, aiding weight loss
- Stabilizes blood sugar levels

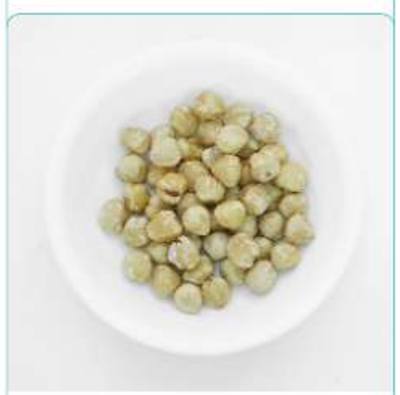
8 906107 214758

NET WEIGHT:
BATCH NO.:
MFG. DATE:
BEST BEFORE:
M.R.P. ₹:
(INCLUSIVE OF ALL TAXES)

Hazelnut.
Chocolate's bestie since 1830.

Hazelnut Katli

All you need



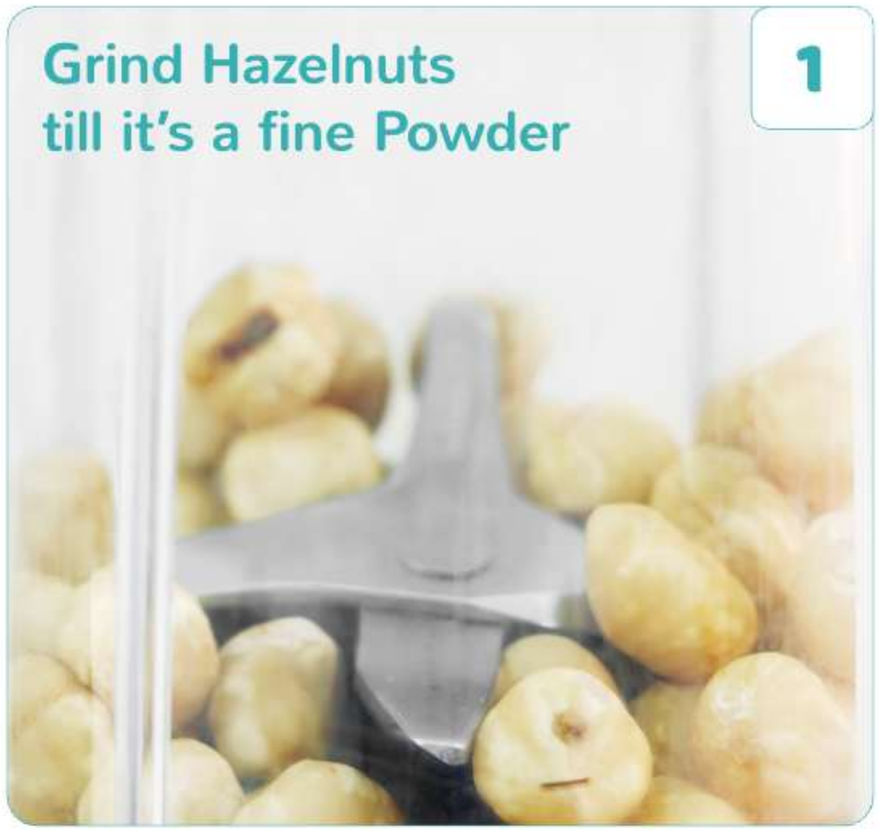
Hazelnut

Cocoa Powder

2 Cup Water

½ Cup
Date Powder

Ghee



Grind Hazelnuts
till it's a fine Powder

Boil the Water and Date Powder

+Hazelnut Powder +Cocoa Powder

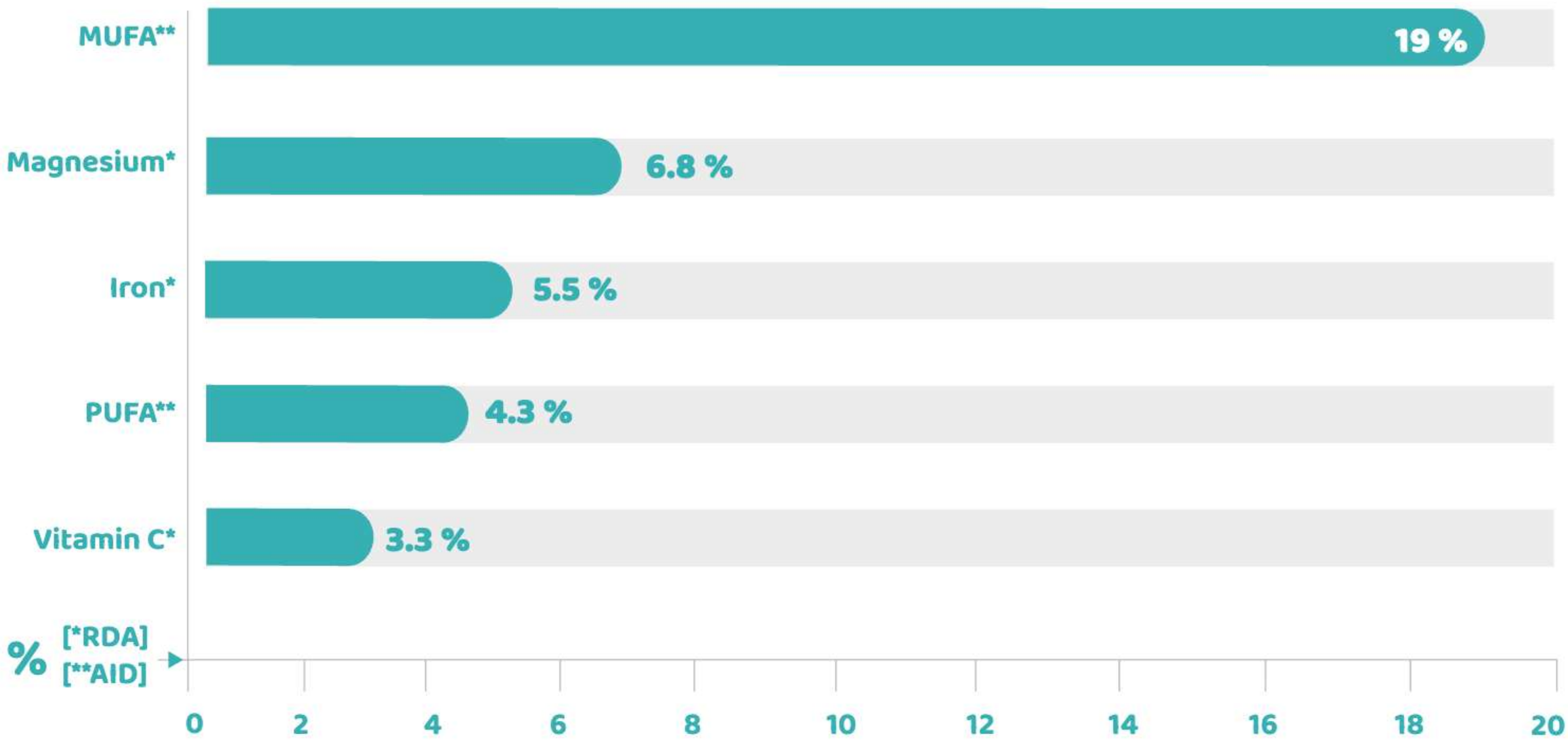
Mix!
Mix!
Mix!

Wait for the Water to vanish.
Mix Ghee.

Cool for
20 Minutes

Cut out
little Katli
Diamonds.

Numbers don't lie, this Nut's kinda Fly



Hazel nut?
More like Has-it-all nut.

Just name it: Fiber, Iron, or healthy fats,
Hazel's Top in taste and a Topper in health stats!

Taste ✓	Test ✓✓

[Recommended Daily Allowance] [Adequate Intake for Dietary Fats] calculated for an adult male with a 2,000 kcal/ day diet intake

Per Serving Size of 12 g or 15 nuts

Scan for Test Report

Nutritional Facts

Serving Size: 12 g or 15 nuts

Amount Per Serving	% Daily Value*
Energy 87kcal	4.3%
Total Fat 7.7g	
MUFA 6.2g	
PUFA 0.7g	
Protein 1.8g	32.6%
Carbohydrates 2.3g	
Total Sugar 0.5g	9.5%
Dietary Fibre 1.1g	2.9%
Manganese 7.1mg	
Calcium 18.7mg	1.8%
Iron 0.4mg	5.5%
Potassium 101mg	3%
Magnesium 24.5mg	6.8%

*Percent Daily Values are based on a 2,000 calorie diet.

Manufactured & Marketed by:
FLYBERRY GOURMET RETAIL PVT. LTD.
5-9-22/33/B Adarsh Nagar,
Hyderabad, Telangana - 500063.

fssai
Lic. No. 13624999000008

Sink into Zinc!
Flyberry™
GOURMET
100% Natural
Excellent Keto Snack
Good Source of Vit-E
Rich in Revitalizing Phosphorus
Rich Source of Zinc and Manganese
Nothing but™
Pine Nuts
From Afghanistan

Ingredients
Pine Nuts.
No added preservatives.
Storage conditions
Store in a refrigerator, away from moisture, to retain freshness.
Allergens
May contain traces of peanuts and other tree nuts.
Like our product?
WE WOULD LOVE TO HEAR FROM YOU.
Customer Care
For any feedback or complaints, please contact our Customer Care Executive on +91-9700919999 or Email us at: hello@flyberry.in.
Shop the range on
www.flyberry.in
Follow us
FlyberryGourmet
Country of Origin: Afghanistan
Nutritional Facts
Serving Size - Per 30g (1/4th cup)
Amount Per Serving % Daily Value*
Energy 203.7kcal 10%
Saturated Fat 1.4g
Unsaturated Fat 15.8g
MUFA 5.6g
PUFA 10.2g
Cholestrol 0mg 0%
Protein 4.1g 8%
Carbohydrates 3.9g 4%
Total Sugar 1.1g 4%
Dietary Fibre 1.1g 3%
Zinc 1.9mg 15%
Manganese 2.6mg 66%
Phosphorus 172.5mg 17%
Vitamin E 2.8mg 32%
Vitamin B1 0.1mg 9%
Potassium 179.1mg 5%
Manufactured & Marketed by:
FLYBERRY INTERTRADE PVT. LTD.
8-13-8/22, Old Kurnool Road, Near NGOS Colony, Mallardevpally, Kattedan, R.R. District, Hyderabad - 500077, Telangana, India.
fssai
Lic. No. 13622015000158
Vegan Caviar from a 100ft above!
The Pine nut is often fondly called "white gold" by foragers who risk life and limb to claim this delicacy. These crunchy, chewy nuts reside in woody cones that mature very slowly over a few years. Nestled atop 100ft tall evergreen trees, hidden deep in the wilderness, they develop the unique layered flavour they're known for.
Gathering these irresistible nuts is no cakewalk - it's so risky that you're basically splitting the life insurance bill for the folks who collect the cones! Talk about an occupational hazard!
Illustrations used are for artistic purposes only. Actual product may vary.
8 906107 214734
Supercharge with Zinc
Zn
Zinc
65.38
Zinc is a nutrient treasure trove hidden within select foods. It's an essential key to unlock vitality for total well-being by helping:
Improve immune function and wound healing
Increase testosterone and reduce fatigue
Strengthen bone density along with Manganese
NET WEIGHT:
BATCH NO.:
MFG. DATE:
BEST BEFORE:
M.R.P. ₹:

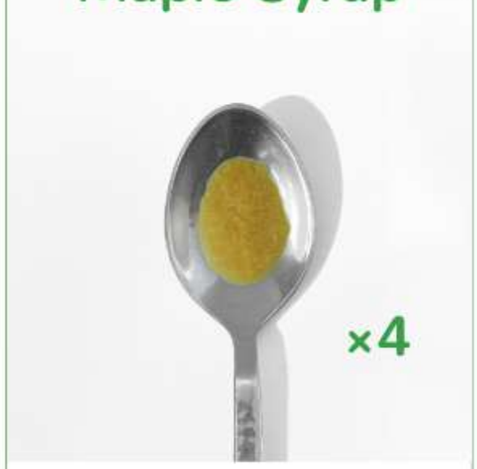
The Mountain Nuts are calling!

Can do Candy? With Pine Nuts, yes!

All you need

Pine Nuts

1 Cup
Maple Syrup



Ghee

Vanilla Extract

1

Heat the Ghee

+Maple Syrup

2

3

Add
Pine Nuts
+Vanilla Extract

4

Mix!
Mix!
Mix!

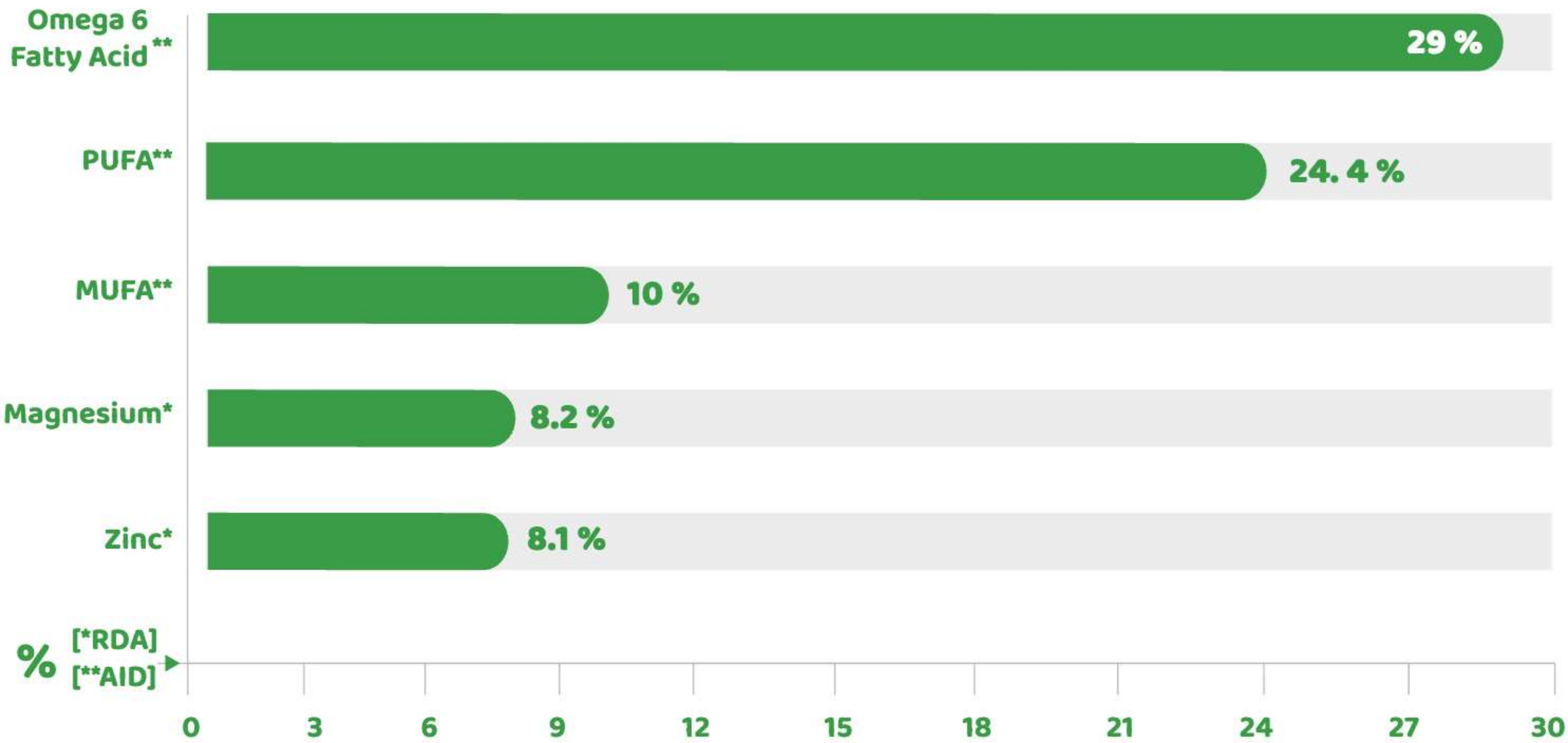
5

Cool for 10 Minutes
and cut

6

Stir,
serve,
smile!

Numbers don't lie, this Nut's kinda Fly



Fun Fact: Pine Nut is a Fun FAT!

It's got MUFA, PUFA, and is rich in Zinc!
Quite the all-rounder, don't you think?

Taste ✓	Test ✓✓

[Recommended Daily Allowance] [Adequate Intake for Dietary Fats] calculated for an adult male with a 2,000 kcal/ day diet intake

Per Serving Size of 12 g or 68 nuts

Scan for Test Report

Nutritional Facts

Serving Size: 12 g or 68 nuts

Amount Per Serving	% Daily Value*
Energy 88.7kcal	4.4%
Total Fat 8.4g	
MUFA 3.2g	
PUFA 4.4g	
Protein 1.7g	31%
Carbohydrates 1.4g	
Total Sugar 0.3g	
Dietary Fibre 0.3g	1%
Zinc 0.9mg	8.1%
Vitamin E 2.6mg	17.3%
Manganese 2.5mg	
Calcium 1.6mg	0.1%
Iron 0.5mg	7.1%
Potassium 103.2mg	3%
Magnesium 29.7mg	8.2%

*Percent Daily Values are based on a 2,000 calorie diet.

Manufactured & Marketed by:
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