**Title**: Exporters of Tomato - Import Tomatoes from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

Alphonso Mangoes are locally known as ‘Hafoos’ is grown in the Indian farms.

Alphonso Mango rests in the heart of every fruit lover due to its delicious, sweet and exotic taste.

It is renowned as the king of mangoes due to the richness of the flavour and its smooth, pulpy texture.

* **Health and Other Benefits:**
* According to several books and studies, Mangoes have helped in facilitating digestion.
* Mangoes help in effectively breaking down enzymes of the food, giving more output on the amount of food consumed
* Since Mango is also rich with Vitamin C, it provides immunity to fight against cold and flu.
* Mango promotes eye health, reduces cholesterol levels, clears the skin and aids in losing weight.
* **Vitamins and Content:**
* Farm grown, fresh mango fruit
* Contains Vitamin C, Vitamin A, Folate, Vitamin B-6, Vitamin K and Potassium.

At M R Enterprise, we export high quality agro products at a competitive price in the market. We’re global exporters of Pomegranates from India.

Contact us, so we can provide a detailed quotation about the product you need.

**Title**: Exporters of Tomato - Import Tomatoes from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

Details:

* Pomegranate is a fruit-bearing shrub of family Lythraceae and the plant of Pomegranate grows between 5-10m in height.
* Pomegranate originated between the region of Northern India and Iran, and is cultivated since then throughout the region.
* Health and Other Benefits:

Pomegranate is known to boost health due to loads of antioxidants and vitamin stores loaded in it.

The fruit is an excellent addition to the diet due its anti-inflammatory effects that eases the inflammation in the body.

Regular consumption of the fruit has known to fight Prostate and Breast Cancer in humans.

Other than that, Pomegranate helps in reducing blood-pressure, fighting joint pain and arthritis, reducing the risk of heart disease and treating erectile dysfunction in males.

* **Vitamins and Content:**
  + Farm grown, fresh and juicy Pomegranate fruits
  + Contains Fibre, Protein, Vitamin C, Vitamin K, Folate and Potassium.

At M R Enterprise, we export high quality agro products at a competitive price in the market. We're global exporters of Pomegranates from India.

                        For a detailed quotation, please contact us!

**Title**: Exporters of ELEPHANT YAMS - Import ELEPHANT YAMS from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

Details:

Originated In the Indian Subcontinent, Elephant yams are commonly used as food as well as in producing Ayurvedic medicines. Elephant Yams are packed with a lot of fibres and minerals that promote healthy body and mind.

* **Vitamins and Content:**
* Farm grown, fresh Elephant Yams.

Contains Fibre, Potassium and healthy carbohydrates.

At M R Enterprise, we export high quality agro products at a competitive price in the market. We're global exporters of Pomegranates from India.

**Title**: Exporters of Tomato - Import Tomatoes from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

Details:

Grape is botanically a berry, emerged from the plant genus Vitis

Grapes begun to get cultivated 6 to 8 thousand years ago in the Near East regions.

One of the primary ingredient for wine, grapes can be eaten fresh or consumed in the form of juice, jam, jelly etc.

* Health and Other Benefits:

A diet rich in fruits such as grapes can slow and prevent the growth of cancerous tissues and cells in the human body, due to its antioxidant rich content.

Heart health is also improve by consuming grapes regularly.

Grapes hold a lot of water and fibres in them – This helps in aiding digestion and eliminating constipation.

It has been shown in several studies that grapes help in reducing the risk of Type-2 Diabetes, mainly due to its mineral and vitamin rich content.

* **Vitamins and Content:**
  + Farm grown, fresh, seedless and juicy grapes
  + Contains Fibre, Protein, Vitamin C, Vitamin K, Vitamin B6, Thiamine, Riboflavin, Folate, Copper, Manganese and Potassium.

At M R Enterprise, we procure the highest quality of natural, farm-grown grapes for exports. We’re worldwide exporters of grapes, dedicated to provide quality at a competitive price.

Contact us, so we can provide a detailed quotation about the product you need.

**Title**: Exporters of Tomato - Import Tomatoes from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

Details:

Banana is botanically a berry, emerged from the plant genus Musa

It is available in various shapes, sizes, colours and firmness – Usually soft and rich of flesh.

India and China are one of the largest producers of Banana plant globally in the world.

* Health and Other Benefits:

Banana is full with Vitamin B6 that helps in boosting Red blood cells, metabolising fats and carbohydrates to energy and remove toxins from liver and kidney.

Due to Vitamin C rich content, Bananas protect body against cell, tissue damage and helps in absorbing iron better.

Bananas hold many fibres in them – This helps in aiding digestion and eliminating constipation.

It has been shown in several studies that banana helps in improving heart health and reduce blood pressure considerably.

* **Vitamins and Content:**
  + Farm grown, fresh Bananas

Contains Fibre, Protein, Vitamin C, Vitamin A, Vitamin B6, Riboflavin, Folate, Manganese and Potassium.

At M R Enterprise, we procure the highest quality of natural, farm-grown bananas for exports. We’re worldwide exporters of bananas, dedicated to provide quality at a competitive price.

Contact us, so we can provide a detailed quotation about the product you need.

**Title**: Exporters of Tomato - Import Tomatoes from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

Details:

Chilli has several names: Chilli Pepper, Chili, Chile are a few of them.

Fruit of the plant from the genus Capsicum, Chili is widely used to add heat in the dishes across the world.

The origin of Chilli is in Mexico – It is one the oldest cultivated crop worldwide.

Health and Other Benefits:

Chilli acts as a disinfectant and thus prevents bad breath.

Heart health is also improve by consuming chilli regularly.

Chilli fights flu, cold and fungal infections due to loads of antioxidants.

It has been shown in several studies that Chilli help in fighting Cancer and prevents allergies of several types.

* **Vitamins and Content:**
  + Farm grown, fresh, Chili

Contains Vitamin C, Vitamin K1, Vitamin B6, Vitamin A, Copper and Potassium.

At M R Enterprise, we procure the highest quality of natural, farm-grown grapes for exports. We’re worldwide exporters of grapes, dedicated to provide quality at a competitive price.

Contact us, so we can provide a detailed quotation about the product you need.

**Title**: Exporters of Tomato - Import Tomatoes from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

**Details:**

* Tomato is botanically a berry, emerged from the plant genus Solanum lycopersicum
* Tomato plants are basically vines, growing about 6ft above the ground level
* India is one of the leading producers of high grade tomatoes.
* Health and Other Benefits:
* Heart Health : Tomatoes boost heart health due to loads of vitamins and minerals held by them.
* Prevents Cancer : Regular consumption of tomato has reduced the proliferation of cancerous cells and tissues in the human body.
* Skin Health : Skin quality is improved since the compounds present in tomato helps in reducing sunburns.
* **Vitamins and Content:**
  + Farm grown, fresh and juicy tomato plant
  + Contains Fibre, Vitamin C, Vitamin K1, Folate and Potassium.

At M R Enterprise, we procure the highest quality of natural, farm-grown Tomatoes for exports. We’re worldwide exporters of Tomatoes, dedicated to provide quality at a competitive price.

Contact us, so we can provide a detailed quotation about the product you need.

**Title**: Exporters of Onions - Import Onion from India

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Onion for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

**Details:**

* Onion is a widely cultivated vegetable of the species of genus Allium
* Onions can be served cooked, used in preparing savoury dishes, eaten raw and can be used in chutneys or pickles.
* India is among the largest producers of Onion in the world.
* Health and Other Benefits:
* Rich with Antioxidants : Onions are rich with over 25 varieties of antioxidants that can help in reducing the risk of heart attacks.
* Fights Cancer: Onions are known to have several cancer fighting compounds such as quercetin and flavonoid.
* Controls blood sugar: Onions have compounds with Antidiabetic effect on the human body.
* Other than that, Onions improve bone density, fights harmful bacteria and boost digestion
* **Vitamins and Content:**
  + Farm grown, fresh and juicy tomato plant
  + Contains Fibre, Calcium, Vitamin and Iron.

At M R Enterprise, we procure the highest quality of natural, farm-grown Onions for exports. We’re worldwide exporters of Onions, dedicated to provide quality at a competitive price.

Contact us, so we can provide a detailed quotation about the product you need.

Exporters of Okra in India - Import Okra from Us

**Meta ‘description’:**

We procure the highest quality of natural, farm-grown Okra for exports. We are worldwide exporters of Okra, dedicated to provide quality at a competitive price.

**Details:**

* Commonly known as ladies’ finger, Okra is a delicious vegetable used in several recipes.
* Okra pods are usually cooked, eaten raw, pickled or chopped in salads.
* Okra is a nutrition rich vegetable, known as Bhindi in the Indian Subcontinent
* Health and Other Benefits:
  + Heart Health : Due to the presence of mucilage in Okra, cholesterol levels are reduced considerably
  + Anticancer Properties: A protein called lectin in Okra helps in inhibiting the growth of human cancer cells.
  + Healthy for pregnant women : Due to the presence of Folate (Vitamin B9), it proves to be beneficial for child-bearing women.
* **Vitamins and Content:**
  + Farm grown, fresh and juicy tomato plant
  + Contains Fibre, Vitamin B1, Folate, Calcium, Magnesium etc.

At M R Enterprise, we procure the highest quality of natural, farm-grown Okra for exports. We’re worldwide exporters of Okra , dedicated to provide quality at a competitive price.

Contact us, so we can provide a detailed quotation about the product you need.

Coconuts

Coconuts are known for their wide range of uses ranging from food items to cosmetics. The Green Coconuts are usually used for extracting the liquid and consuming it as a refreshment on beaches and bays. Coconuts are highly nutritious. They’re beneficial for heart patients since they keep the heart healthy. Coconuts also contain powerful antioxidants that help protect the cells of the body from damage.

Vitamins and Content:

High in Fibre, Protein, Manganese and Carbohydrates.