

# ekon<sup>et</sup>

international trade co.

***The Ekonet company offers  
a variety of dried fruits and  
vegetables***

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## DRIED APPLE

Dried apples keep you full for a long time and prevent constipation. This type of dried fruit contains B vitamins, good for hormones and, brain and energy. They also boost mineral intake and help maintain weight. A snack that really makes you feel good.



## DRIED TOMATE

Dried tomatoes are rich in vitamin C, K, manganese, potassium and copper. They are an excellent source of lycopene, which can help reduce the risk of certain health conditions, such as some cancers.



## DRIED PINEAPPLE

Dried pineapple is an effective medicine for acne, makes skin younger, prevents hair loss, and strengthens bones. Dried pineapple is rich in Vitamin C and dietary fiber that helps improve digestion.



## AJWA DATES

Including Ajwa dates in your daily diets helps the body to correct the functioning of the immune system. From Saudi Arabia, these dates are an excellent source of antioxidants and have many other benefits like preventing cancer, cure for indigestion helping in weight loss, and many others...



## DRIED GINGER

Dried ginger lowers cholesterol, facilitates weight loss by improving digestion, relieves menstrual pain, lowers blood sugar and reduces inflammation, and also relieves stomach pain and discomfort.



## DRIED COCONUT

Dried coconut lowers cholesterol, facilitates weight loss by improving digestion, relieves menstrual pain, lowers blood sugar and reduces inflammation, and also relieves stomach pain and discomfort.



## DRIED KIWI

Dried kiwifruit help strengthen the immune system, and helps prevent respiratory disorders such as asthma. They are rich in several important nutrients including vitamins C, E, and K, and potassium. Dried kiwifruit is low in calories.



## DRIED LEMON

Fresh lemons have many health benefits including being rich in Vitamins C, fiber, and various beneficial plant compounds. They can promote heart health, can help control weight, can help prevent kidney stones, protect against anemia, reduce the risk of cancer, and are rich in nutrients, and promote hydration.



## DRIED SILVERBERRY

This fruit is rich in vitamins and minerals, especially vitamins A, C, E . And it is a good source of essential fatty acids. Dried silverberry can reduce the incidence of cancer and also as a means to stop the growth of tumors.



## DRY FIG

Figs have a number of potential health benefits. They can improve digestion and reduce constipation, help manage fat and blood sugar levels, and kill cancer cells.



## DRIED MANGO

Dried mango is rich in carbohydrates, vitamin C, A, and fiber, reduces the risk of diabetes, cancer, and inflammation, and helps improve gut health.



## TURMERIC ROOT

Turmeric root may be useful in treating Alzheimer's disease, may help prevent cancer, it is an anti-inflammatory compound, and may also reduce the risk of heart disease.



## DRIED PAPAYA

The main benefits of dried papaya can help with weight gain, increase energy, help improve vision, strengthen cell function, can help with skin care, improve digestion, and can help reduce cholesterol levels and the risk of chronic diseases.



## DRIED BANANA

Dried bananas are rich in vitamin A, iron, phosphorus, and potassium in small amounts. This snack provides energy to our bodies.



## DRIED SILVERBERRY

The dried silverberry is rich in vitamins and minerals, especially vitamins A, C, and E . And it is a good source of essential fatty acids. Dried silverberry can reduce the incidence of cancer and also as a means of halting the growth of tumors.



## DRIED POMELO

The dried pomelo has a high nutrient, full of fiber, can promote weight loss, rich in antioxidants, can increase heart health. Among these it also has a key task, namely, it can fight cancer cells and is one of the easiest fruits to introduce into a general diet.



## DRIED CHILI PEPPER

Dried chili peppers aid digestion, act as an anti-irritant, help keep your digestive system healthy, and help stomach problems. They also have cardiovascular benefits, help improves metabolism, and fight colds and flu. It helps and fights inflammation and also acts in weight loss.



## DRIED MULBERRY

Dried Mulberries have a fair amount of carbohydrates and fiber and vitamin C, K1, E. It improves blood sugar control, lowers cholesterol, and reduces the risk of cancer.



## DRIED STRAWBERRY

Dried strawberries are useful in preventing cancer of the esophagus, cardiovascular diseases, allergies, asthma, and fertility.

