Ads International

Exporter of Premium Dry Food Makhana

Introduction

This presentation provides an overview of Ads International, focusing on their offerings of Makhana, including company details, product specifications, and health benefits.

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Company Profile

Company Overview

Ads International specializes in the export of high-quality dry food products, particularly Makhana, known for its nutritional benefits and versatility in various culinary applications.

Website and Email

Visit our website at www.adsinternational.co.in for more information about our products and services. Reach out via email for inquiries.

Contact Details

For inquiries, please contact:
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Email: adsinternational.exporter@gmail.com

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Product Details

Cultivation Process

Makhana is cultivated in the serene waters of Indian ponds, involving hand-harvesting techniques that preserve its quality. The cultivation process includes planting seeds in water bodies, allowing them to grow under ideal conditions. Post-harvest, they are carefully processed to maintain their nutritional integrity.

Scientific Name and Sizes

The scientific name for Makhana is Euryale Fox. The product is available in various grades based on size:

- Grade D: 10-12 mm
- Grade C: 14-16 mm
- Grade B: 16-18 mm
- Grade A: above 18 mm. These sizes allow for a variety of uses, from snacks to culinary applications.

Packaging Information

Makhana is packaged in 10-kilogram bags, each containing 40 packets of 250 grams. This packaging ensures ease of handling and maintains freshness, making it convenient for both retailers and consumers.

Nutritional Values

Makhana is highly nutritious, offering the following values per 100 grams:

- Calories: 350–400
- Protein: 10–15 grams
- Carbohydrates: 65–70 grams
- Fiber: 7–10 grams
- Fats: 1–2 grams
- Calcium: 60–70 mg
- Iron: 1–2 mg
- Magnesium: 50–60 mg
- Potassium: 400–500 mg

These values highlight Makhana as a healthy addition to any diet.

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Health Benefits

Weight Loss Support

Makhana is high in protein and fiber, which helps in maintaining satiety and supports weight loss efforts. Its low-calorie count makes it an ideal snack choice for weight management.

Heart Health

Makhana contributes to heart health due to its low glycemic index and high fiber content, which help reduce cholesterol levels and improve overall cardiovascular health.

Diabetic Friendly

The low glycemic index of Makhana makes it a suitable option for diabetics, as it does not cause rapid spikes in blood sugar levels, aiding in better blood sugar control.

Conclusions

In summary, Makhana from Ads International provides premium quality dry food with remarkable nutritional and health benefits. It supports a healthy lifestyle and meets the demands of consumers looking for wholesome snack options.