

The background of the slide features a collection of clear plastic jars filled with various dried fruits and powders. Each jar has a white label with the 'Vafa Stay healthy' logo and a small illustration of a plant. Some labels also include product names like 'Raw Iran almonds', 'Pink salt', 'Turmeric', 'Dried lemon', and 'Peanut'. The jars are arranged in rows, creating a sense of abundance and variety.

Introducing Vafa products in the field of dried fruit and medicinal plants

2025

Raw Iranian pistachios

Variety: Akbary

Akbary pistachio is one of the most famous types of Iranian pistachios, which is very popular among consumers due to its long shaped and tasty kernel.

You may be interested to know that in Iran there are about 65 to 70 types of pistachio trees that are different in shape. Akbary Pistachio is also known as the most expensive and exclusive type among all Iranian pistachios. One of the characteristics that differentiate this type to the other Iranian pistachios is the height of head and is equal in length.

You can buy the first-class Iranian Akbary pistachio, which is planted, harvested and processed organically.

Calories	Potassium	Protein	Calcium	Vitamin B6
526	1025mg	20g	10%	85%



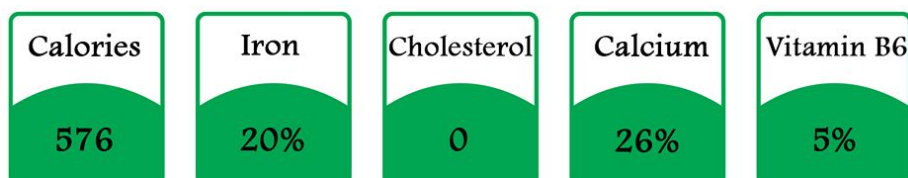
Raw Iranian almonds

Almonds are a species of tree native to Iran and surrounding countries but are widely grown in other regions. Almonds are one of the types of nuts that are often consumed in gatherings. Almonds are helpful high-energy nuts that will stay fresher and have a more pleasant taste if have a tasty skin.

This type of kernel is mainly cultivated in Khorasan Razavi. Countries such as Spain and the United States have the highest production of almonds in the world. In the list of almond producers, Iran is ranked fifth.

There are different types of almonds; Which are divided into three general categories: Sangi almonds, Mamara almonds, and Kaghzi (paper skin) almonds.

Almond kernels are obtained by breaking the skin. Almonds are available for purchase in whole or peeled form. Almonds also are nuts that are mass-produced in Iran and exported to other parts of the world. This fruit can be bought anywhere and is widely used in Iranian cuisine.



Iranian hazelnut

The hazelnut is the nut of the hazel and therefore includes any of the nuts deriving from species of the genus *Corylus*, especially the nuts of the species *Corylus avellana*. It also is known as cobnut or filbert nut according to species. A cob is roughly spherical to oval, about 15–25 mm (0.59–0.98 in) long and 10–15 mm (0.39–0.59 in) in diameter, with an outer fibrous husk surrounding a smooth shell. A filbert is more elongated, being about twice as long as its diameter. The nut falls out of the husk when ripe, about 7 to 8 months after pollination. The kernel of the seed is edible and used raw or roasted, or ground into a paste. The seed has a thin, dark brown skin, which sometimes is removed before cooking.

Hazelnuts are used in confectionery to make praline, and also used in combination with chocolate for chocolate truffles and products such as Nutella and Frangelico liqueur. Hazelnut oil, pressed from hazelnuts, is strongly flavoured and used as a cooking oil. Turkey is the world's largest producer of hazelnuts. Hazelnuts are rich in protein, monounsaturated fat, vitamin E,



Iranian walnuts cernell

Persian walnut (*Juglans regia* L.) is the second-most important nut crop grown in Iran. The number of walnut trees in that country is estimated to be more than 20 million, mostly seedlings, distributed on borders of farms and orchards or expanded in valleys. Total production of in-shell walnut is estimated at 400,000 t, and Iran is considered the third largest walnut producer in the world. walnut is belonging to Autumn. This fruit has best compatibility with hot and dry summers and mild winters. This fruit is rich in protein, phosphorus, dietary fat and starch and other nutrients. It has more omega-3s than the other nuts. Although it is a fatty nut, it reduces blood cholesterol and the risk of heart disease. Walnut is rich in vitamin A, so it is useful for strengthening skin and hair.

Walnuts are called brain food because they are high in omega-3. This fruit strengthens memory, it plays an essential role in preventing Alzheimer's and slowing its progression. Its Vitamin B is useful for strengthening the nerves and relieving fatigue and



Dried fruits

Dried fruit is fruit from which the majority of the original water content has been removed prior to cooking or being eaten on its own.[1] Drying may occur either naturally, by sun, through the use of industrial dehydrators, or by freeze drying.[2] Dried fruit has a long tradition of use dating to the fourth millennium BC in Mesopotamia, and is valued for its sweet taste, nutritional content, and long shelf life.

In the 21st century, dried fruit consumption is widespread worldwide. Nearly half of dried fruits sold are raisins, followed by dates, prunes, figs, apricots, peaches, apples, and pears.[3] These are referred to as "conventional" or "traditional" dried fruits: fruits that have been dried in the sun or in commercial dryers. Many fruits, such as cranberries, blueberries, cherries, strawberries, and mango are infused with a sweetener (e.g., sucrose syrup) prior to drying. Some products sold as dried fruit, like papaya, kiwifruit and pineapple, are most often candied fruit.

Calories	Sodium	Potassium	Vitamin B6	Vitamin C
359	430mg	164	15%	93%

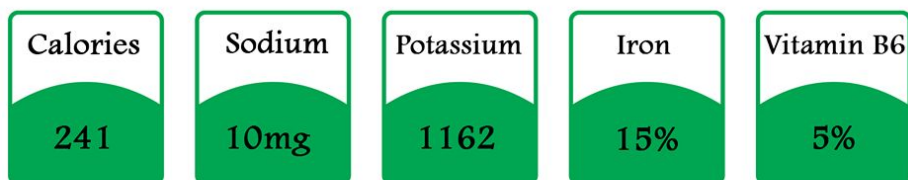


iranian dried Apricot

In Iranian cuisine, dried apricots are used in a variety of dishes, such as khoresh, a type of stew, and pilaf, a rice dish. They can also be eaten on their own as a healthy and nutritious snack, as they are high in fiber, antioxidants, and vitamins A and C.

Iranian dried apricots are also known for their nutritional value. They are low in calories and high in dietary fiber, which helps regulate digestion and keeps you feeling full for longer. They are also a good source of vitamin A, which is important for healthy skin and eyesight, and vitamin C, which supports the immune system and helps the body absorb iron.

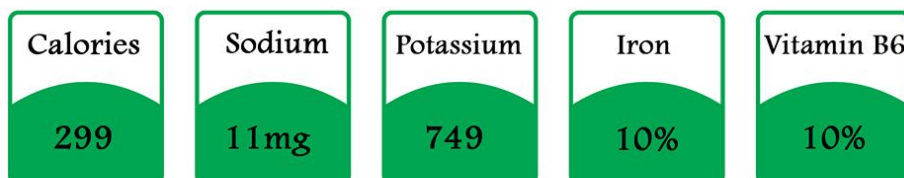
Due to their popularity, Iranian dried apricots are exported to many different countries around the world. They are a popular ingredient in Middle Eastern cuisine, and are also commonly used in Western cooking, particularly in baking.



Crimson Raisins (Golden)

Raisins for rice are one of the types of raisins that are used throughout Iran and also have many applicants. This type of raisins is produced and sold in different colors and in various ways. This product, as its name suggests, is used in many people's dishes, especially in rice. These raisins remind us of school memories, souvenirs from religious cities such as Mashhad and Qom. Of course, in addition to raisins for rice, other raisins have been able to make a significant part of the table of the people of our country for themselves. Raisins are the third non-oil product of Iran, which has ranked second in the export sector.

Raisins are one of the fruits that are in the category of dried fruits and are also considered a useful snack that can be used all year round. Raisins for rice are very tasty and are one of the unique foods that can also be used for children's diets.



Green raisins

This delicious treat not only tastes delicious but also has excellent nutritional and health benefits that can be included as a part of your daily diet.

Green raisins (Pikami) are obtained by drying high-quality green grape seeds. This type of raisin is considered one of the most popular dried fruits in different countries due to its sweet taste and soft and delicate texture. Green raisins are known as an excellent source of vitamins, minerals, and antioxidants.

This product is mainly produced in the Kashmar region, which is known for its high-quality dried fruit products. Green raisins (Pikami) are a type of raisin that is obtained by drying “Pikami” grapes. These raisins are known as “seedless raisins” and are usually produced using the “shade-dried” method, in which the grapes are dried in the open air and in the shade to maintain their green color and high nutritional value.

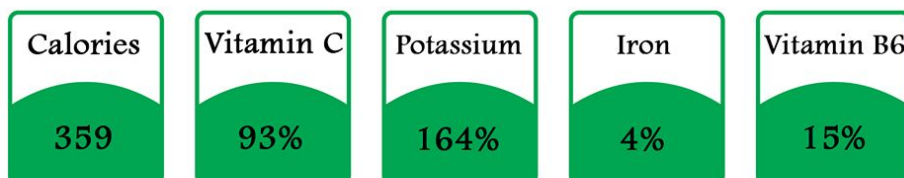
Calories	Sodium	Potassium	Iron	Vitamin B6
299	11mg	749	10%	10%



Dried berries

Dried berries are a powerhouse of nutrients and vitamins. Although fresh berries are rich in proteins, nutrients and minerals, by drying berries, including this delicious snack in your diet, you can have protein and fiber in your diet in all seasons of the year. Also, by adding dried berries to yogurt, ice cream, pancakes and cookies or even salads, they will taste sweeter and take on a more attractive color.

In addition to being a source of energy, dried berries are also rich in minerals and nutrients that contribute greatly to the health of the body, hair, and skin. In fact, adding dried berries to your daily diet is a delicious and healthy step towards a healthy life. This dried fruit helps your body absorb the vitamins and iron it needs and makes you feel refreshed during the day.



Dried figs

Figs are one of the most popular summer fruits, consumed both fresh and dried. The delicious taste and properties of dried figs have led children and adults to add this delicious fruit to their snacks. The most important benefits of dried figs include high fiber, anti-inflammatory properties, abundant iron, and significant minerals!

The properties of dried figs have also been confirmed in traditional medicine; from the perspective of Iranian medicine practitioners, eating this type of dried fruit is beneficial for intestinal and stomach health, improving fatty liver, and strengthening bones and joints. This nutrient, rich in iron, can also greatly help reduce hair loss! Below, we provide more explanations about the benefits of figs for women and men.

Calories	Carbohydrate	Protein	Sugar	Vitamin k
249	63.87	3.3	47.92	15.6g



Peanuts

Peanuts are a nutritious food that is rich in vitamins and many other nutrients. Peanuts can be classified as nuts. The scientific name of peanuts is *Arachi hypogea*, which is also known as pistachio, ground almonds, and mountain almonds. Peanuts can be used in preparing a variety of foods and desserts. Peanuts have many benefits and help the body's health.

When is the best time to consume them for obesity and weight loss? Among the benefits of peanuts, we can mention the following for health and fitness, even treating various diseases:

Weight control

Controlling blood sugar levels

Reducing the risk of heart disease

Bone health

Calming the nerves

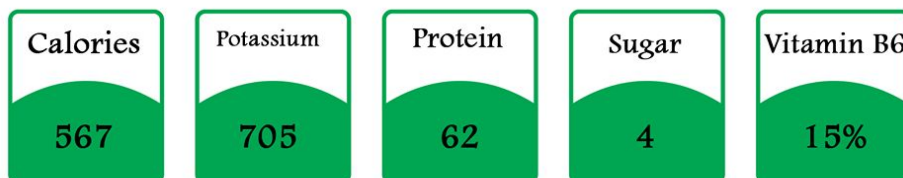
Beneficial for skin

Beneficial for hair

Improving erection

Beneficial for fatty liver

Beneficial for high blood pressure



Rosemary

Rosemary is an ingredient that adds a fragrant, savory note to dishes. Some people claim that rosemary can help reduce muscle pain, boost the immune system, and improve memory. However, it can interact with some medications.

Rosemary is a fragrant evergreen herb native to the Mediterranean. It is used as a culinary condiment, an ingredient in perfumes, and for its potential health benefits. Like oregano, thyme, basil, and lavender, rosemary is a member of the mint family Lamiaceae.

People typically prepare it as a whole dried herb or a dried powdered extract or make teas from fresh or dried leaves.

The herb has been hailed since ancient times for its medicinal properties. Traditional uses of rosemary include helping alleviate muscle pain, improving memory, boosting the immune and circulatory system, and promoting hair growth.

Calories	Potassium	Protein	Sugar	Vitamin A
131	668	3.31	4	146



Sumac

This wine-coloured ground spice is one of the most useful but least known and most underappreciated. Made from dried berries, it has an appealing lemon-lime tartness that can be widely used. In Iran, they use it as a condiment, putting it onto the table with salt and pepper. You can try this yourself and it will complement most dishes.

Using sumac instead of lemon juice or zest immediately enhances dishes, giving a fascinating and exotic twist. Fish, poultry and vegetable dishes all spring to life in a new way. Simply sprinkle over yogurt as a dip, too.

The flavour of sumac is so universally appealing that it's hard to go wrong. Add it to salad dressings or the salads themselves, in fact, add it wherever you would use lemon or lime. It's great on fried fish and on the chips too, rice dishes, and Middle Eastern fare such as hummus, bean or chickpea salads. It's a great lifter of sandwich fillings and something as simple as cheddar and sumac is a winning combination. Sumac is not usually cooked with but can be and its reduced flavour brought to life by serving the dish with more sumac to sprinkle.

Calories	Fibre	Protein	Carbohydrates	Fat
272	45.7g	6.7	69g	5.9



Dried lime

Omani lemon is one of the main and popular ingredients in Iranian cuisine, and is also known as the most prestigious and popular souvenir in the world. This product has been noted not only for its unique taste but also for its medicinal and nutritional properties. Omani lemon, which is also known by other names such as Omani lemon, is dried from sour lemon and can be used in Iranian stews and dishes.

Anti-stress and relaxing

Strengthens the immune system

Maintains healthy skin

Improves digestive function

Maintains heart health

Reduces cholesterol

Helps lose weight

Increases brain function

Calories	Vitamin B6	Protein	Potassium	Vitamin C
29	5%	1.1	138g	88%



Paprika

paprika is made by drying a particular type of sweet pepper, then grinding them to a fine, rich red powder.

Its flavour varies from mild to pretty robust, but it's never as hot as chilli or cayenne - unlike those fiery spices, its main purpose is to add flavour and colour, more than heat.

Calories	Iron	Magnesium	Calcium	Vitamin B6
282	117%	44%	22%	104%



Sea salt

Sea salt is salt that is produced by the evaporation of seawater. It is used as a seasoning in foods, cooking, cosmetics and for preserving food. It is also called bay salt, solar salt or simply salt. Like mined rock salt, production of sea salt has been dated to prehistoric times.

Commercially available sea salts on the market today vary widely in their chemical composition. Although the principal component is sodium chloride, the remaining portion can range from less than 0.2 to 22% of other salts. These are mostly calcium, potassium, and magnesium salts of chloride and sulfate with substantially lesser amounts of many trace elements found in natural seawater. Though the composition of commercially available salt may vary, the ionic composition of natural saltwater is relatively constant.

Calories	Sodium	Potassium	Iron	Calcium
0	38758	8m	1%	2%

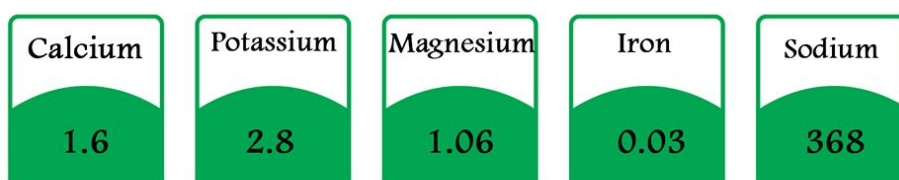


Pink salt

Salt is one of the oldest and most widely used foods in human history. Over the years, different types of salts with different characteristics and properties have been known. One of these types is Himalayan pink salt, which has gained attention due to its special color and mineral content. In this article, we will scientifically examine this salt and evaluate its advantages and disadvantages based on scientific studies and evidence.

Mineral Content

Himalayan pink salt is extracted from salt mines in the Punjab region of Pakistan and is claimed to contain 84 different types of minerals. Chemical studies conducted on pink salt have shown that this salt contains various elements such as sodium, potassium, calcium, magnesium, iron, as well as small amounts of heavy metals such as lead and cadmium.



Turmeric

Turmeric, a plant in the ginger family, is native to Southeast Asia and is grown commercially in that region, primarily in India. Its rhizome (underground stem) is used as a culinary spice and traditional medicine.

Historically, turmeric was used in Ayurveda and other traditional Indian medical systems, as well as Eastern Asian medical systems such as traditional Chinese medicine. In India, it was traditionally used for disorders of the skin, upper respiratory tract, joints, and digestive system.

Today, turmeric is promoted as a dietary supplement for a variety of conditions, including arthritis, digestive disorders, respiratory infections, allergies, liver disease, depression, and many others.

Turmeric is a common spice and a major ingredient in curry powder. Curcumin is a major component of turmeric, and the activities of turmeric are commonly attributed to curcuminoids (curcumin and closely related substances). Curcumin gives turmeric its yellow color.

Turmeric dietary supplements are made from the dried rhizome and typically contain a mixture of curcuminoids. Turmeric is also made into a paste for skin conditions.

Calcium	Potassium	Magnesium	Iron	Sodium
168	2080	208	55	27



Black cumin

black cumin, (*Nigella sativa*), annual plant of the ranunculus family (Ranunculaceae) grown for its pungent seeds, which are used as a spice and in herbal medicine. The black cumin plant is found in southwestern Asia and parts of the Mediterranean region and Africa, where it has a long history of use in diverse culinary and medicinal traditions.

The seeds have an aroma similar to fennel and have a pungent flavor somewhat similar to nutmeg, though the plant is not related to either. The seeds are commonly roasted and ground as a spice and are widely used in India, the Middle East, and parts of North Africa to season curries, rice, breads, and sweet confections. Black cumin is also important in traditional medicine in many places and is an esteemed herbal remedy for a wide variety of ailments. The plant is sometimes grown as an ornamental for its attractive flowers and is closely related to love-in-a-mist (*Nigella damascena*), a more common ornamental.

Calories	Potassium	Calcium	Iron	Sodium
375	1788	93%	368%	168



Shallot powder

Shallot is a plant in the garlic family that is used in many local dishes as a spice or delicious ingredient. Shallot powder spice is a type of white powder that is prepared from the root of the shallot plant.

Shallot powder spice has a pleasant taste and smell and is usually used as a spice in dishes such as stews, soups, and other dishes. This spice is also used in traditional medicine due to its anti-inflammatory and antiseptic properties.

Despite their similarities, shallot powder spice and garlic have the following main differences:

1. Shallot contains higher amounts of auline, which makes shallots taste spicier and more intense.
2. Garlic contains more antibacterial and antioxidants than shallots.
3. The amount of vitamin B6 in shallots is higher.
4. Shallots generally have lower calories and sugar than garlic.
5. Garlic contains more sulfur compounds called allicin, which gives garlic its typical smell, than shallots.
6. Shallot powder is higher in water-soluble fiber, which can help control blood sugar.

Calories	Potassium	Vitamin C	Vitamin B6	Sodium
72	334	13%	15%	12mg



Garlic powder

Garlic powder is one of the most widely used seasonings for flavoring various foods that we all use more or less. This powder has all the properties of garlic and makes foods more delicious with its unique taste and aroma.

Garlic is a native fruit of Central Asia and is considered a member of the onion family. Garlic powder is also a food and medicinal seasoning that has more benefits than fresh garlic. The history of using garlic as a seasoning for cooking dates back about 3,000 years.

Garlic powder is obtained by drying fresh garlic. Drying garlic or any other fruit increases its life and quality by eliminating the activity of microorganisms inside the fruit. Garlic powder is also hot and dry in nature.

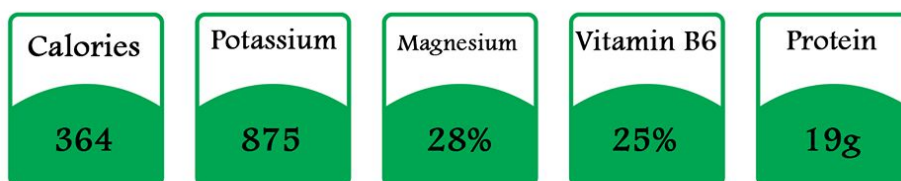
Calories	Potassium	MagnesiumC	Vitamin B6	Protein
331	1193	19%	85%	17g



Chickpea

Yellow chickpeas are a special type of chickpea that is yellow in color and has similar properties to other types of chickpeas. Yellow chickpeas are rich in protein, fiber, vitamins, and minerals. This plant food is a good source of protein for the body. The fiber in it is beneficial for digestive health and helps in better digestion of food. Yellow chickpeas also contain B vitamins, iron, and phosphorus.

Yellow chickpeas are used in preparing a variety of dishes, such as soups, stews, meals, and salads. Yellow chickpea flour can also be used to make bread and pastries.



Yellow Split pea

Split pea is a type of legume that belongs to the lentil and chick-pea family. Split pea is a dicotyledonous plant and has high nutritional value. Split pea is the separated, peeled and dried seeds of legumes and is seen in three colors: yellow, red and green. Split pea is rich in fiber, minerals and vitamins and therefore has many properties and benefits.

Split pea has high nutritional value. Split pea is rich in carbohydrates, sugar, dietary fiber, fat, protein, vitamins such as vitamin B1 (thiamine), vitamin B2 (riboflavin), niacin, vitamin B5 (pantothenic acid), vitamin B6, vitamin K, vitamin C, vitamin E, choline, minerals such as phosphorus, calcium, iron, manganese, potassium and magnesium. The benefits of chickpeas are numerous, and some of their benefits include controlling blood pressure, controlling blood sugar, regulating blood cholesterol levels, losing weight, eliminating and treating anemia, aiding growth, eliminating and treating osteoporosis, increasing energy, strengthening the immune system, preventing cancer, reducing sulfur sensitivity, maintaining heart health, and improving digestion.

Calories	Potassium	Magnesium	Iron	Protein
341	981	28%	24%	25g



Lentils

Lentils are edible seeds that belong to the legume family. This seed is usually placed in two separate parts inside a shell that can be consumed with or without the skin. Lentil properties are also one of the oldest known food sources, dating back more than 9,000 years. Of course, it should be said that before the invention of flour production machines, lentils were consumed only with the skin.

The skin of lentils contains large amounts of dietary fiber, which is completely destroyed after going through the process of separating the skin by machines.

There are different types of lentils, including black, red, brown, mung, copra, lentil, macchiato lentils, and French green lentils. Lentils are rich in protein and are also a cheap source of protein. They also contain amino acids such as isoleucine and lysine. Lentils also contain micronutrients such as various vitamins and minerals.

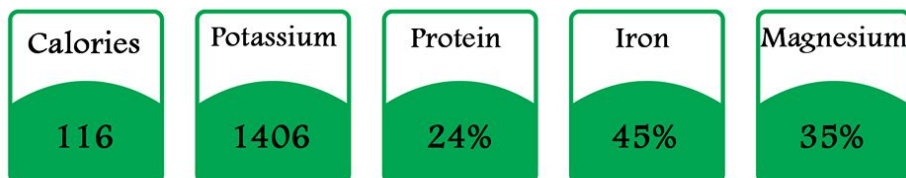
Calories	Potassium	Magnesium	Iron	Vitamin B6
116	369	9%	18%	10%



Kidney Beans (Chili Beans, Rajma)

Red beans are one of the most common and nutritious types of legumes, which are a rich source of protein and can easily be used as a substitute for meat in the diet of vegetarians. These beans are used to prepare various dishes and have a great impact on improving the function of various organs of the body. Red beans have a reddish-brown color that has a mild flavor when cooked. This type of bean easily absorbs the taste and flavor of any spice when cooked. Red beans can also be used instead of red meat and get all the protein in the structure of meat from this type of bean.

This popular bean is used in the preparation of many different dishes and salads.



Great Northern Beans

The domesticated bean is considered a common bean that has its own fans. In general, beans come in many varieties, the most common of which is the cannellini bean, also known as white bean. The most important characteristics of white beans are: They are very tender, have an earthy and nutty flavor, and are a great addition to soups, stews, chili, and other dishes. Northern beans are smaller than cannellini beans but larger than navy beans. These beans are very popular among consumers because of their tender and nutty flavor. They are usually added to soups and dishes such as noodles. Another type of white bean that is considered to be the mine of all the properties of white beans is the lima bean or small butter bean, which has a rich and creamy texture. Like other white beans, they are a common ingredient in casseroles, soups, and stews and can give your prepared food a unique flavor and surprise you. You can use all white beans in a recipe because they are all the same basic type. You should also know that the amazing flavor of these beans is the same in all varieties.

Calories	Potassium	Protein	Iron	Vitamin C
67	307	6g	10%	31%



Cowpea

One of the types of beans and legumes is the cowpea, which is known in traditional medicine as the cowpea and in Hindi as the cowpea. Cowpea is very resistant to drought and grows in areas such as warm regions of Asia, America, southern Europe, southern Iran and India. Cowpea is rich in vitamin A and vitamin C and nutrients, and therefore has many properties and benefits for health. The name cowpea comes from its appearance. Its appearance is oval and white with a black oval next to it. Cowpea is rich in vitamins such as vitamin C and vitamin A, minerals and nutrients, and for this reason it has many benefits for the health of the body. Among the therapeutic properties of cowpeas are fever-reducing, urinary problems, abnormal vaginal discharge, antispasmodic, insomnia treatment, libido enhancement, breast milk increase, mental enhancement, heart problems, muscle health, osteoporosis prevention, anemia prevention and treatment, body detoxification, hair growth enhancement, hair loss treatment, cancer prevention, immune system enhancement, and wound healing.

Calories	Potassium	Protein	Iron	Magnesium
116	278	8g	13%	13%



Dried golden plum

In Iran, dried plums are very popular as a healthy and nutritious snack, and there are different types of dried plums available in the market, each used for different purposes. Iranian dried plums are used as an additive in the preparation of Iranian foods and sweets, and also consumed directly as a dried fruit. Dried plums are rich in nutrients that increase energy, provide fiber, and other beneficial nutrients such as potassium, iron, and vitamin C.

Properties of dried plums in traditional medicine

In traditional medicine, dried plums are used as a medicinal ingredient and have many properties:

Pain relief: Dried plums are known as a natural anti-inflammatory and can be effective in relieving pain related to various inflammations such as arthritis, muscle inflammation, and stomach and intestinal pain.

Disinfectant: Dried plums have antiseptic properties that can be useful in fighting various infections, especially gastrointestinal infections.

Vitamin A	Potassium	Protein	Iron	Magnesium
39	732	2.18g	0.9	41



jujube

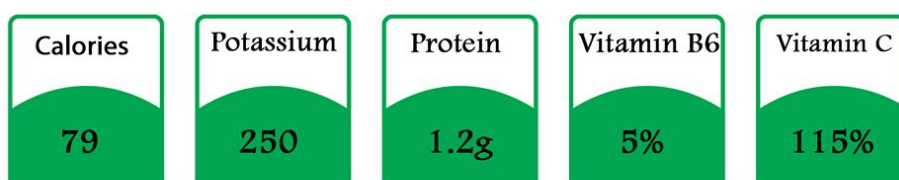
Jujube is a sweet fruit with many properties that is consumed in both fresh and dried forms. Fresh jujube is low in calories and high in fiber and is rich in antioxidants. Also known as Chinese dates or red dates, this fruit is native to South Asia but is also popular in other parts of the world.

The skin of this fruit is thin and edible, and the flesh inside is almost white. The ripe jujube fruit changes color and turns deep red or purple. After the fruit turns completely red, its skin begins to shrink and becomes wrinkled and soft, but it is still edible.

Jujube is a fruit with many properties that its consumption has many benefits for the body. The following are some of the benefits of jujube:

Healthy cells and preventing damage

Reducing the risk of heart disease, inflammation and some types of cancer.



Mint powder

This plant has a very pleasant smell and a bitter and neutral taste. One of the most important properties of mint is its anti-nausea property. This plant is used to reduce headaches, digestive problems, relieve muscle pain and respiratory infections. Also, mint can be a cooling and antiseptic mouthwash and relieve mouth and gum infections.

The different parts of mint include leaves, flowers and roots. You can use it in different forms such as dried mint, tea, tea or mint extract. Mint essential oil is also used to prepare creams, shampoos and hygiene products.

Calories	Potassium	Protein	Iron	Vitamin C
44	458	3.3g	66%	22%

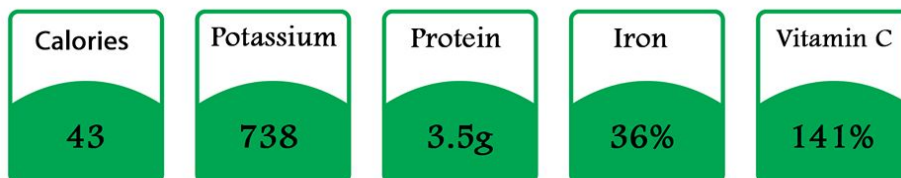


dry dill

Dill, a fragrant herb with its own unique aroma and flavor, is popular not only in Iranian cuisine but also in many cultures and cuisines around the world. But the secret of dill's appeal is not limited to its flavor and aroma; this herb has amazing properties that have long been used in traditional medicine.

Dill has amazing benefits for lowering cholesterol. Detailed studies revealed that the effect of dill extract and dill tablets on lipid profiles, liver enzymes, gene expression, and enzyme activity was positive in hamsters with high cholesterol. Dill supplementation has been shown to reduce total cholesterol and bad cholesterol (LDL). Bad cholesterol can cause fatty deposits called plaque to form inside the arteries, which can increase the risk of heart attack and stroke.

In addition to its unique flavor and aroma, dill has countless properties and also contains many vitamins and minerals. Dill plays a significant role in boosting the immune system and preventing cancer by being rich in antioxidants.



Thyme powder

Thyme is one of the most important and well-known medicinal plants in Iran, which has antimicrobial, antibacterial and anti-flatulent medicinal properties due to its two compounds, thymol and carotenol. About 350 species of this plant have been introduced in the world.

Thyme is used in various ways in the food, pharmaceutical, health and cosmetic industries. This plant is available in the market in the form of dried leaves, oil or essential oil and sweat. In addition to tea, dried thyme leaves are used as a flavoring for various types of meat, salads, dairy products and stew spices. Thyme oil has properties such as antispasmodic, carminative, antifungal, antiseptic, antihelminthic, antirheumatic and expectorant. Thyme essential oil is one of the ten famous essential oils that has antibacterial, antifungal and antioxidant properties. The pungent and pungent sweat of thyme is used to treat stomachache, diarrhea, colds and poisoning.

Calories	Potassium	Protein	Iron	Vitamin C
101	609	6g	97%	226%



Red rose bud

Rosebud is a type of rose belonging to the Rosaceae family with the scientific name *Rose Damascenes*. The first birthplace of this fragrant and highly beneficial flower is the ancient land of Iran. This flower is often cultivated in high and dry areas. Since Iranian rosebuds are planted and cultivated in cold and dry climates, they are usually free of pests and very organic. No pesticides or toxins are used in the production of Iranian dried rosebuds, which is why they are of very high quality. Tea and herbal tea made with dried rosebuds are healthy and beneficial drinks during pregnancy. Drinks containing rosebuds are rich in vitamin C and help strengthen the immune system of pregnant women. Dried rosebuds are also an enhancer for collagen production in the mother and fetus. Dried rosebud tea promotes better absorption of iron and calcium in the body and is very beneficial for fetal growth. Drinks containing dried rosebuds contain vitamin E, selenium, magnesium, B-complex vitamins, manganese, and potassium, and therefore strengthen the immune systems of the mother and fetus and prevent them from contracting various diseases.

Calories	Calcium	Protein	Iron	Vitamin C
284	60mg	3.4g	3	1%



Flixweed seeds

Flixweed is the common name of the plant *descurainia sophia*. Its weed, known as khak-e shir or khakshir in Iran, is used with water as a drink, which is mostly used as thirst quencher in hot weather.

However, khakshir is considered as a remedy for many other diseases according to Iranian traditional medicine.

Khakshir should be washed from dirt and soil specs before use. Spoon a desired amount of khakshir and let it sit in a bowl of water, preferably plastic, for about 5 to 10 minutes.

Stir, and then pour the contents into another bowl of water, rinsing out any residue that is leftover in the first one. Repeat two or three times to insure that your drink is clean and safe.

Its mixture with drinking liquid chicory extract (Kasni) and fumitory extract (Shahtareh) detox liver.

Aqueous extracts of the manna of *hedysarum* (tarangabin) and khakshir is a great drink for those who suffer from kidney stones.

If you mix khakshir with warm water, it becomes a laxative drink and its mixture with cold water turns it into a natural anti-diarrheal.

Calories	Calcium	Protein	Iron	Vitamin A
29	59mg	2.6g	3.2	5320

