

## BAY-LEAF

### SPECIFICATION

Product Name	Bay Leaf
Origin	Mediterranean
Family	Lauraceae
Binomial name	Laurus nobilis



The Global Market Demand for Bay Leaf has been increasing for many years now. This growing popularity of Bay leaves may be due to the various nutritional characteristics of the leaves and its diverse uses. The Bay Leaf exporter in India exports the leaves to various parts of the world. The Bay Leaf import from India has been rising because of the premium quality and varieties of the leaf exported from India.





# **INGREDIENTS**

## **Nutrients**

**Calories 314 kcal, Total Carbohydrates - 75 g, Dietary Fiber - 26 g**

## **Minerals**

**Calcium, Iron, Magnesium  
Cobalamin**

## **Vitamins**

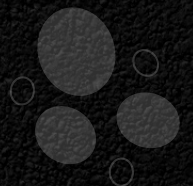
**Vitamin A, Vitamin C  
Vitamin D, Vitamin B-6**

## **Protein**

**8 g**

## **Fats**

**8 g**





# USES & BENEFITS

- The bay leaf is said to be useful for diabetes. Research shows that taking ground bay leaf twice a day along with medicine for diabetes may lower pre-meal blood sugar levels.
- The bay leaf is also said to be useful for reducing joint and muscle pain. The bay leaves may be ground and applied to the skin.
- The bay leaves are said to be a cure for dandruff when applied to the skin.
- Bay Leaf tea is also said to be useful for migraines and is a rich source of Vitamin C, Vitamin A, and such other minerals.

Pisum Foods is one of the leading Bay Leaf importers from India. We understand that the export of Bay Leaf may be a complex procedure at times. But don't worry now! We at Pisum Foods are here to help you! Our executives are trained to assist you with every step of the process right from finding buyers for your products until the final delivery. If you are looking for Bay Leaf export from India, Contact Pisum now!

