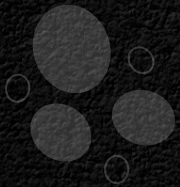


INDIAN BER EXPORTERS

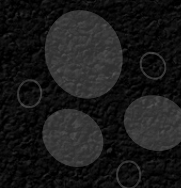
- Ber resembles a date in appearance. It is also known as red date, Indian date, Korean date or Chinese date and is mainly cultivated in South Asia. Bers taste slightly tart and sweet and the colour ranges from brown to purplish-black in colour. The Ber exporter in India exports tonnes of the fruit from India. Due to the various uses and benefits of Ber, the Ber export from India has been on a rise. This is considered as a good opportunity for the Indian Ber exporter to expand his business and enter the international market. The Ber export from India includes various varieties of the fruit.

GLOBAL MARKET DEMAND

- The Global Market Demand for Ber has been increasing over the years. This may be because of the awareness about its various health benefits and diverse uses. The Ber exporter in India exports the fruit from India to different corners of the world. The Ber import from India has been increasing due to the premium quality and varieties of the fruit exported from the country.



BER



SPECIFICATION

Product Name

Ber

Origin

India and China

Family

Rhamnaceae

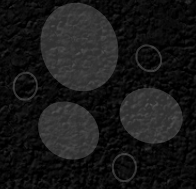
Binomial Name

Ziziphus mauritiana



BER

INGREDIENTS



Nutrients

Calories 79 kcal, Total Carbohydrate 20 g,
Dietary Fiber 1.6 g

Minerals

Calcium, Thiamine, Riboflavin
Phosphorous, Iron, Niacin

Vitamins

Vitamin B-6, Vitamin C

Protein

1.2 g

Fats

0.2 g



USES & BENEFITS

- Bers are known to be traditionally used in Chinese medicine to treat sleep troubles like Insomnia. Both the fruit and the seeds are said to be rich in flavonoids- saponins and polysaccharides.
- Bers may also help you get relief from the digestive problems. The high quantum of fibre in Bers helps regulate bowel movements and digestion.
- Ber is said to have calming effects on the brain and the nervous system. They help relieve anxiety too.
- Ber is rich in essential vitamins and antioxidants, especially vitamin C. Vitamin C helps vitalize skin, fights free radicals and strengthens the immunity by keeping diseases at bay.

Pisum Foods is one of the leading Ber importers from India. We at Pisum Foods understand that the process of export of Ber is complicated at times. But no worries! Pisum Foods will help you at each and every step on the way. Our executives will help you right from finding buyers for your products until the final delivery of the order. If you are interested in Ber export from India, Contact Pisum now!

