

## CAROM

# INDIAN CAROM EXPORTERS

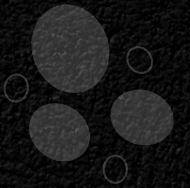
---

- Carom seeds are very popular in India. These seeds have a bitter and pungent flavour, somewhat similar to oregano. The Carom exporter in India exports tonnes of Carom each year to many countries. Carom seeds have uses in diverse fields and various health benefits. Therefore, Carom export from India has been increasing over time. This is a good opportunity for the Indian Carom exporter to expand his business and enter the international market. The Carom export from India includes the export of many varieties of this product.

## GLOBAL MARKET DEMAND

---

- The Global market demand of Carom seeds has been increasing worldwide. This may be because of the several health and medicinal benefits of this spice. Carom seeds add flavour and aroma to your food and are also healthy for your body. The Carom exporter in India exports more and more quantities of this spice to various parts of the world. The Carom import from India has been increasing due to its good reputation and great quality of the products exported from India.





**CAROM**

## **SPECIFICATION**

**Product Name**

**Carom**

**Origin**

**Seychelles,  
Asia Minor or in Persia**

**Family**

**Apiaceae**

**Binomial Name**

**Trachyspermum ammi**





**CAROM**

## **INGREDIENTS**

**Nutrients**

**Total Carbohydrates 43g**

**Minerals**

**Calcium, Thiamine, Riboflavin  
Phosphorous, Iron, Niacin**

**Vitamins**

**-**

**Protein**

**16 g**

**Fats**

**Fat 25g**





# USES & BENEFITS

- Carom seeds are said to improve your stomach health. This spice provides instant Relief from acidity, indigestion, and such other stomach troubles.
  - Carom seeds are also effective in treating the common cold. It is said that Carom helps to avoid nasal blockage by discharging the mucus easily.
  - Carom seeds have a component called thymol. Thymol acts as a strong fungicide and germicide. Therefore, Carom seeds may be crushed and applied on the skin to treat infections or cuts.
  - Carom Seeds are also said to be useful for toothaches and earaches.
- 
- Pisum Foods is one of the leading Carom importers from India. We help our clients export various food products including fruits, vegetables, grains, pulses, oilseeds, so on and so forth. We assist our clients with every step on the way right from documentation until the final delivery of the products in the export of Carom. If you are looking for Carom export from India, Contact Pisum Foods now!

