

FENUGREEK

INDIAN HYACINTH BEANS EXPORTERS

- Fenugreek is a herb used in cooking, medicine, and to hide the taste of other medicines. Fenugreek seeds have a smell and taste similar to maple syrup. Fenugreek leaves are also eaten as a vegetable in India. The Fenugreek exporter in India exports fenugreek to around 131 countries in the world. Due to the various uses and benefits of Fenugreek, the Fenugreek export from India has been increasing over the years. This is, therefore, a good business opportunity for the Indian Fenugreek exporter to expand his business and enter the international market. Various varieties and qualities of Fenugreek are included in the Fenugreek export from India.

GLOBAL MARKET DEMAND

- In the year 2019-2020, the Fenugreek exporter in India exported Fenugreek worth around 18.63 USD million to various countries in the world. The total volume of the Fenugreek import from India in 2019-20 was around 24385899 Metric Tonnes. The top five trading partners of India in terms of Fenugreek are Yemen, USA, Bangladesh, Nepal, Saudi Arabia. These countries account for over 38.27% of the total Fenugreek Seed export from India.



FENUGREEK

SPECIFICATION

Product Name

Fenugreek

Origin

**Southern Europe and the
Mediterranean region**

Family

Fabaceae

Binomial Name

Trigonella foenum-graecum

FENUGREEK

INGREDIENTS

Nutrients

Calories 323 kcal, Total Carbohydrate 58 g
Dietary Fiber 25 g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin A, Vitamin C, Vitamin B-6

Protein

23 g

Fats

6g

USES & BENEFITS

- Fenugreek is beneficial for Diabetes patients. Consuming Fenugreek seeds are said to lower blood sugar levels in people with diabetes. Doses of at least 5 grams daily seem to help.
- Fenugreek is also known to be helpful to reduce menstrual cramps. Taking 1800-2700 mg of fenugreek seed powder three times a day for the first 3 days of a menstrual period followed by 900 mg three times daily for the remainder of two menstrual cycles is said to reduce pain in painful menstrual periods.
- Fenugreek is also useful for digestive problems such as loss of appetite, upset stomach, constipation, inflammation of the stomach and so on

Pisum is the leading Fenugreek importer from India. We at Pisum believe that Indian culture, food products and such other aspects should be spread to the entire world. Our executives at Pisum are trained to help and support our clients at each step of the export process. With our expertise and extensive experience in the food export field, we make sure that the export of Fenugreek is a hassle-free process for our client. If you are looking for Fenugreek export from India, Contact Pisum now!