

NUTMEG

SPECIFICATION

Product Name

Nutmeg

Origin

Moluccas or Spice Islands,
of Indonesia

Family

Myristicaceae

Binomial name

Myristica fragrans



INGREDIENTS

Nutrients

Calories 525, Carbohydrates 49g
Fiber 21g

Minerals

Magnesium, Manganese, Copper
Phosphorous, Zinc, Copper, Manganese

Vitamins

Vitamin B1, Vitamin B1

Protein

6 g

Fats

36g



USES & BENEFITS

- Nutmeg is known to have health and medicinal benefits. It helps digestion and has the ability to relieve pain.
- Nutmeg is said to strengthen the cognitive function and also detoxify the body.
- Nutmeg also boosts your skin health and alleviates oral conditions. It also may help to reduce insomnia and increase the immune system function.
- Nutmeg may also be useful to prevent leukaemia and improve blood circulation.

If you are looking for a Nutmeg importer from India, Pisum Foods is the best option! We at Pisum foods have extensive experience in the food export industry and export various Indian food products to different corners of the world. The export of Nutmeg has seen a recent increase due to the popularity of its benefits and uses. Pisum Foods makes sure that your Nutmeg Export from India is exported in a timely manner, maintaining all the health and safety regulations. Want to export Nutmeg from India? Pisum is here to help you!