

# SAFFRON

## SPECIFICATION

Product Name	Saffron
Origin	Greece
Family	Iridaceae
Binomial name	<i>Crocus sativus</i>







# **INGREDIENTS**

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## **Nutrients**

**Calories 310 kcal, Total Carbohydrates 65g  
Dietary Fiber 3.9g**

## **Minerals**

**Calcium, Iron, Magnesium**

## **Vitamins**

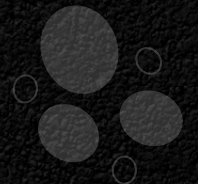
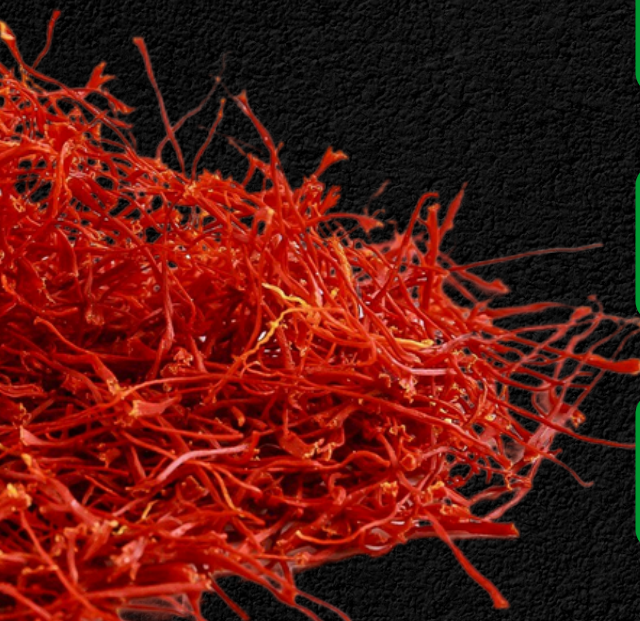
**Vitamin A, Vitamin C, Vitamin B-6**

## **Protein**

**11 g**

## **Fats**

**Fat 6g**





# USES & BENEFITS

- Saffron is known to be rich in plant compounds that act as antioxidants. The antioxidants are said to help protect your cells against oxidative stress.
- Eating and smelling saffron is said to treat PMS symptoms, such as irritability, headaches, cravings, pain, and anxiety.
- Saffron has been shown to reduce snacking and curb your appetite. In turn, these behaviours may help you lose weight.
- It is also said that Saffron reduces snacking and curbs your appetite. This might also help you to lose weight.

Pisum Foods is a leading Saffron importer from India. We at Pisum Foods help our clients with each and every step while exporting products from India. Our team has extensive experience in the export of industry and we make sure that the process is carried out smoothly with the least confusion and hassle. We strictly adhere to all the health and safety restrictions put in place for the exporter of Saffron and make sure that your products are delivered safely. If you are looking for Saffron export from India, Contact Pisum now!

