

## SPEARMINT

# INDIAN SPEARMINT EXPORTERS

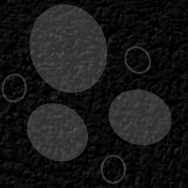
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- Spearmint is a pleasant-smelling species of mint found in various health-food products, toothpaste, mouthwashes, cosmetics, and so on today. The Spearmint exporter in India exports tonnes of Spearmint products from India. Due to the various uses and benefits of Spearmint, the Spearmint export from India has been on a rise. This is considered as a good opportunity for the Indian Spearmint exporter to expand his business and enter the international market. The Spearmint export from India includes various varieties of the product.

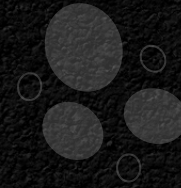
## GLOBAL MARKET DEMAND

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- The Global Market Demand for Spearmint has been increasing for many years now. This growing popularity of Spearmint may be due to the various nutritional characteristics of the leaves and its diverse uses. The Spearmint exporter in India exports the leaves to various parts of the world. The Spearmint import from India has been rising because of the premium quality and varieties of the leaf exported from India.



# SPEARMINT



## SPECIFICATION

**Product Name**

**Spearmint**

**Origin**

**Europe and Asia**

**Family**

**Mints**

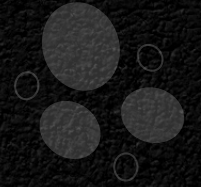
**Binomial Name**

***Mentha spicata***



# SPEARMINT

## INGREDIENTS



### Nutrients

Calories - 44 kcal, Total Carbohydrate  
8.41 g,  
Dietary Fiber 7 g

### Minerals

Thiamine, Niacin, Phosphorous, Zinc, Riboflavin,  
Folate, Calcium  
Iron, Magnesium, Potassium, Copper, Manganese

### Vitamins

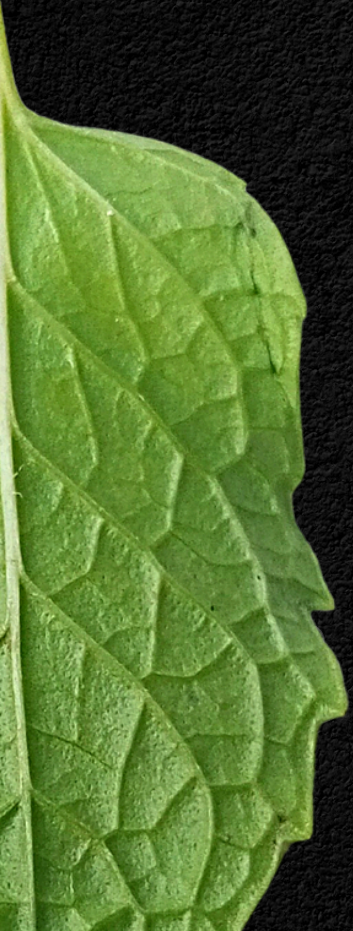
Vitamin A, Vitamin C, Vitamin B6

### Protein

3.29 g

### Fats

0.73 g



# USES & BENEFITS

- Spearmint is said to relieve digestive symptoms, such as nausea, vomiting, abdominal pain, bloating, and so on.
- Spearmint is rich in several antioxidants. These antioxidant compounds help protect against and repair damage caused by free radicals.
- Spearmint tea is also said to be beneficial for the body. It has many beneficial effects on hormones in women, including decreasing male hormones like testosterone and increasing hormones necessary for ovulation.
- Spearmint is also antibacterial. It works against several types of harmful bacteria, including bacteria that cause foodborne illnesses.
  
- **Pisum Foods is one of the leading Spearmint importers from India. We at Pisum Foods understand that the export of Spearmint may be a complex procedure at times. But don't worry now! We at Pisum Foods are here to help you! Our executives are trained to assist you with every step of the process right from finding buyers for your products until the final delivery. If you are looking for Spearmint export from India, Contact Pisum now!**

