



**QUALITY** IS OUR  
FIRST **CONCERN.**

Contact Us  
+91 9921613954





## About us

We are exporting Basmati Rice/Non Basmati rice, All Spices, Dry Mango Powder, Jaggery&JaggeryPowder ,Pomegranate,and many other products to USA, Europe, South East Asia, Middle East, Saudi Arabia, UAE and African Countries.

Our range of products has the following attributes:

- 1.Fresh and natural
- 2.High nutritional content
- 3.Tamper resistant packaging

All our products are procured from the reliable vendor source in the country. These products are greatly demanded by our clients from both national and international market



# Products

## Basmati Rice -

The health benefits of rice include its ability to provide instant energy, regulate and improve bowel movements, stabilize blood sugar levels, and slow down the aging process. It also plays a role in providing vitamin B1 to the human body.

Rice brings you with a rich and unforgettable blend of tradition and exotic produce optimizes the spirit of a unique and incredible India. We bring you with the finest and most selective basmati rice and a cheerful joy to the faces of millions of our consumers worldwide.

We ensure quality, quantity and timely service both in domestic and international markets.

## Non Basmati Rice -

With having delectable aroma and taste the Non Basmati Rice is used for daily consumption and serves as staple food for rice eaters. The superior in quality rice is free from dust and stones. Processed with care and cleanliness, the rice is full of nutritional value and possess longer shelf life. Non-basmati rice comes in different sizes, some are long and slender, some are short and thick, some are like beads, and some may be round.

## Onion -

These vegetables contain various vitamins, minerals and potent plant compounds that have been shown to promote health in many ways.

This vegetable is particularly high in vitamin C, a nutrient involved in regulating immune health, collagen production, tissue repair and iron absorption.







## Spices -

A spice is a seed, fruit, root, bark, or other plant substance primarily used for flavoring, coloring or preserving food. Spices are distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavoring or as a garnish.

The use of herbs and spices has been incredibly important throughout history. Many were celebrated for their medicinal properties, well before culinary use. Modern science has now shown that many of them do indeed carry remarkable health benefits. Here are 10 of the world's healthiest herbs and spices, supported by research.

There are many spices we use in our day to day cooking, these include popular ones like cumin, black pepper, turmeric and coriander seeds, etc.

## Black & White Sesame Seeds -

One example of a difference is that black sesame seeds are richer in calcium than their white counterparts. Black sesame seeds are also slightly bitter as a result of the hulls being present; white sesame seeds have a sweeter and nuttier flavor, which is the flavor of the kernels of the seeds.

Black sesame seeds are a good source of energy due to the high fat content. They contain healthy fats like polyunsaturated fatty acids and Omega-6. They also contain fiber, iron, calcium, magnesium and phosphorus.

White Sesame seeds are a good source of several nutrients that are important for immune system function, including zinc, selenium, copper, iron, vitamin B6, and vitamin E.



## Turmeric Powder -



## Red Chilli Powder -

One can find Vitamin C in huge amounts. Red Chilli works as a water-soluble antioxidant. It contains Vitamin B, carotene, and minerals like iron, magnesium, and potassium. It improves metabolism and blood circulation. It can work as a pain reliever and anti-bacterial as well.

It helps to clear congested respiratory system. It helps in reducing weight and hastens digestion. In overweight people, it reduces LDL cholesterol. It improves the immune system as it contains Vitamin A, B, and C. It helps in treatment of arthritis, psoriasis etc. as it is anti-inflammatory.

Fresh or dried chillies are used to make hot sauce. One of the essential ingredient of the spice mixture as curry powder. In almost all Indian dishes it is used to add taste, color, and flavor. Used as a seasoning agent in soups as chilli sauce. Used in preparing pickles, snacks, and curries. Also works as a non-toxic weapon for pepper spray.

## Cumin Seeds -

Cumin seeds promotes digestion. Is a rich source of iron. Cumin contains beneficial plant compounds. It may help with diabetes. It improve blood cholesterol. It may promote weight loss and fat reduction. Cumin may prevent food-borne illnesses. It may help with drug dependence. It may fight inflammation. Cumin may play a role in helping the body handle stress.

## Ginger -

Ginger can reduce your risk of diabetes. It's a natural way to relieve period pain. It's an anti-inflammatory. It can settle an upset stomach. It can also curb morning sickness. It may help prevent heart disease. It may lower your risk of cancer. It can help you lose weight.

Fresh ginger, ginger powder, dry unbleached ginger & dry bleached ginger also available.





## **Coriander seeds -**

Coriander seed helps in reducing bad cholesterol and promotes good cholesterol in the body. These are rich in copper, zinc, iron and other essential minerals that increases RBC and improves heart health. Coriander seeds also help in increasing metabolism. Coriander seeds help lower blood sugar. It rich in immune-boosting antioxidants. It's benefit heart health. It protect brain health. It promote digestion and gut health. It fight infections. It protect your skin.

## **Caraway Seeds -**

Caraway is used for digestive problems including heartburn, bloating, gas, loss of appetite, and mild spasms of the stomach and intestines. Caraway oil is also used to help people cough up phlegm, improve control of urination, kill bacteria in the body, and relieve constipation. Caraway has historically been utilized to treat several digestive conditions, including indigestion and stomach ulcers. A handful of small human studies show that caraway oil relaxes your digestive tract smooth muscle tissue, thus relieving indigestion symptoms like gas, cramping, and bloating, etc.

## **Green Cardamom -**

Antioxidant and diuretic properties may lower blood pressure. Green cardamom contain cancer-fighting compounds. It protect from chronic diseases thanks to anti-inflammatory effects. It helps with digestive problems, including ulcers. It also treat bad breath and prevent cavities. It may have antibacterial effects and treat infections. It improves breathing and oxygen use. It may lower blood sugar levels, other potential health benefits of cardamom. Cardamom contains several vitamins and minerals, as well as some fiber. It is also very low in carbohydrates and calories.

## **Clove -**

Clove contain important nutrients. Clove is high in antioxidants. It helps protect against cancer. It can kill bacteria. It improves liver health. It helps regulate blood sugar. It promotes bone health. It reduces stomach ulcers.

clove is a good source of vitamin-K, vitamin-B6 (pyridoxine), thiamin (vitamin B-1), vitamin-C and riboflavin. Consumption of foods rich in vitamin-C helps the body develop resistance against infectious agents and scavenge harmful oxygen-free radicals.

## **Black Pepper -**

Black Pepperishigh in antioxidants. It has anti-inflammatory properties. It may benefit your brain. It improves blood sugar control. It may lower cholesterol levels. It have cancer-fighting properties.

Black pepper may increase the absorption of essential nutrients like calcium and selenium, as well some beneficial plant compounds, such as those found in green tea and turmeric. It promotes gut health. The makeup of your gut bacteria has been linked to immune function, mood, chronic diseases, and more.



## Cinnamon Stick -

Cinnamon is high in a substance with powerful medicinal properties. Cinnamon is loaded with antioxidants. Cinnamon has anti-inflammatory properties. Cinnamon may cut the risk of heart disease. Cinnamon can improve sensitivity to the hormone insulin. Cinnamon lowers blood sugar levels and has a powerful anti-diabetic effect.

Cinnamon may have beneficial effects on neurodegenerative diseases. Cinnamon may protect against cancer. Cinnamon helps fight bacterial and fungal infections. Cinnamon may help fight the HIV virus.

## Dry Mango Powder -

Dry mango powder improves your digestion and helps to fight acidity. Mango contains powerful antioxidants, which ensures good bowel movement and helps combat constipation and flatulence. Consuming dry mango powder on a regular basis, by adding it to your dishes, may help you in improving your digestive system.



## Jaggery & Jaggery Powder -

**Jaggery is loaded with various antioxidants, minerals, and vitamins. It boosts the immunity and guards the body against the harmful pathogens. It naturally treats a cough and Jaggery removes the toxins present within the body. It has anti-allergic properties which help in preventing allergies caused by cold and cough during winters. It also helps in purifying the blood as, after detoxification, blood flow gets improved. Also, the respiratory tract is cleaned so you become resistive to the infections, which usually approach in the winter season.**

## Pomegranate -

**Pomegranate seeds get their vibrant red hue from polyphenols. These chemicals are powerful antioxidants. Pomegranate juice contains higher levels of antioxidants than most other fruit juices. It also has three times more antioxidants than red wine and green tea. The antioxidants in pomegranate juice can help remove free radicals, protect cells from damage, and reduce inflammation.**

In addition to antioxidants, pomegranates are a source of fibre, B vitamins, vitamin C, vitamin K and potassium. One pomegranate supplies one-quarter of a day's worth of folate (a B vitamin needed to synthesize and repair DNA) and one-third of your daily vitamin C.



## Address

No.23, 4thLayout,D.H.SJaiprakesh Nagar, Khamla,  
Nagpur-440025 (M.S) India.

## Contact

**+91 9921613954**



 [hbrinternationaltrades.com](http://hbrinternationaltrades.com)

 [shreyas9.joshi@gmail.com](mailto:shreyas9.joshi@gmail.com)