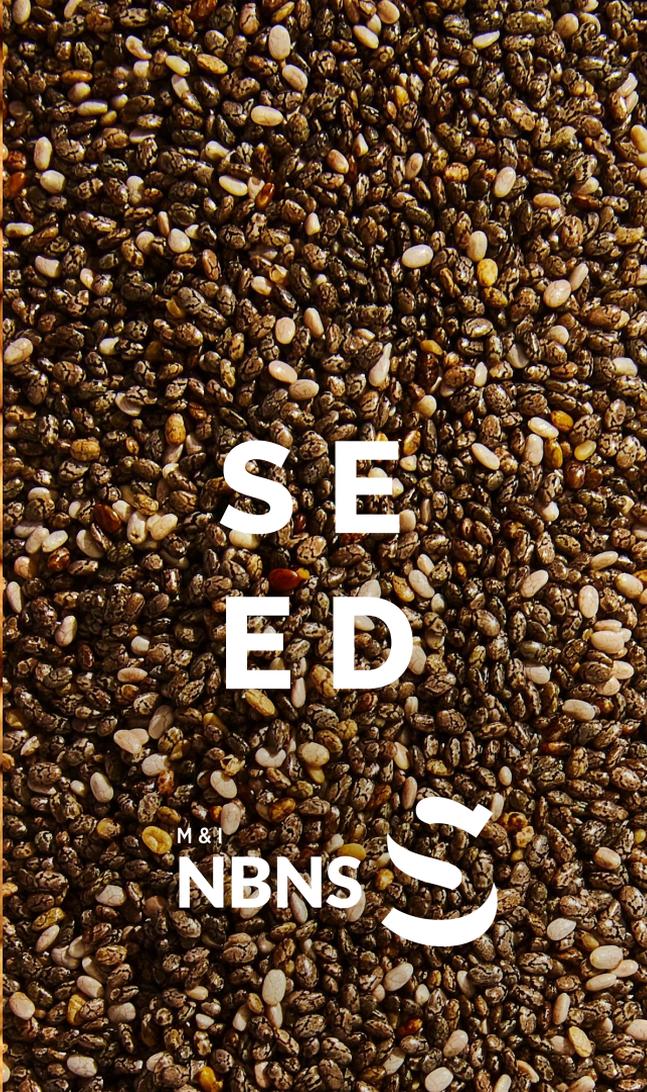




**NU
TS**



**SE
ED**

M & I

NBNS



**DRY
FRUIT**



NBNS M&I offers an extensive range of seeds, nuts and dry fruits varieties, which are sourced directly from key producing regions including Ukraine, Russia, Turkey and India.

These are machine cleaned and available in a range of packaging formats, ready for shipment.

CERTIFICATIONS: ISO 9001, ISO 22000 HACCP

PACKAGING DETAIL: 25 KGS / 50 KGS PP BAGS

CUSTOMIZED QUANTITY: Any amount





Sunflower seeds

Sunflower Seeds have great demand in foreign Markets for its vitamin & Mineral enriched qualities. The seeds are majorly used to extract their oil and Striped sunflower seeds are primarily used for food

Sunflower kernels hulled



Flax Seeds

Flax Seeds are worldwide exported product, known for its richness with omega 3 fatty acids



Pumpkin seeds

With a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc, pumpkin seeds are nutritional powerhouses

Pumpkin seed kernels



Chia

Chia seeds are a good source of omega-3 fatty acids, fiber, antioxidants, iron, and calcium. A 28-gram, or 1-ounce, serving of chia seeds also contains 5.6 grams of protein



M&I
NBNS



Anise seeds

They are used to make medicine. Anise is used for upset stomach, intestinal gas, "runny nose," and as an expectorant to increase productive cough, as a diuretic to increase urine flow, and as an appetite stimulant.

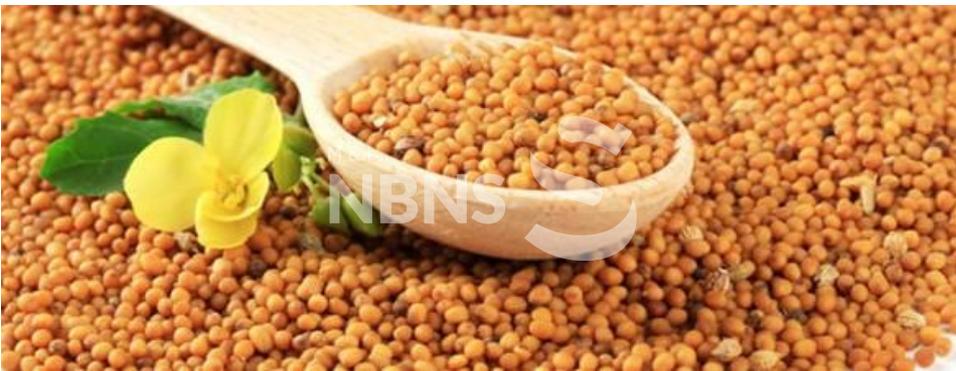
Poppy seeds

They contain some niacin and folate, but poppy seeds are a better source of minerals. Just 1 teaspoon provides measurable amounts of calcium, iron and zinc.



M&I

NBNS



NBNS



Mustard seeds

Mustard seeds are an excellent source of selenium and a very good source of omega-3 fatty acids and manganese. They are also a good source of phosphorus, magnesium, copper and vitamin B1.



Natural sesame seeds

They help to cure sleep disorders, improve digestion, reduce inflammation, boost respiratory health, and aid in dental care

Roasted Chickpeas

Chickpeas are an excellent source of protein, healthy fats, fiber, carbohydrates, and a long list of vitamins and minerals.



Quinoa

Quinoa is gluten-free, high in protein and one of the few plant foods that contain all nine essential amino acids. It is also high in fiber, magnesium, B-vitamins, iron, potassium, calcium, phosphorus, vitamin E and various beneficial antioxidants





M & I

NBNS



Almonds

Almonds are rich in vitamin E, calcium, magnesium and potassium. Additionally, almonds are a significant source of protein and fiber, while being naturally low in sugar.

Chestnuts

Chestnuts are high in vitamin C, minerals, such as potassium, copper and magnesium, amino acids and antioxidants.



M & I

NBNS



M & I

NBNS



Apricot kernels



Cashew nuts

They are high in fat (around 50 percent), rich in vitamin E and a good source of minerals, particularly magnesium and zinc.

Betel nuts



Brazilian nuts

Brazil nuts are an excellent source of several B-vitamins, which range in functions from improving brain health to boosting the metabolism.





M & I

NBNS



Macadamia nuts

Macadamia nuts contain healthy fats that can help keep the arteries in good heart-health condition. Because they're rich in monounsaturated fatty acids, they help reduce cholesterol levels and lower triglycerides.

Natural Inshell Hazelnuts



M & I

NBNS



M & I

NBNS



Raw Hazelnut Kernels

Hazelnuts are good for your heart, help reduce the risk of cancer, and aid in muscle, skin, bone, joint and digestive health



Pili nuts

Pili nuts have antioxidant characteristics. They help maintain healthy blood sugar levels, promote muscle and tissue development, regulate energy and help the body purge damage-inducing free radicals

Walnuts

The health benefits of walnuts include reduction of bad cholesterol in the body, improvement in metabolism, and control of diabetes. Other important health benefits of walnuts stem from the fact that these nuts possess anti-inflammatory properties, aid in weight management, and help as a mood booster.



Pecan nuts

They are high in healthy unsaturated fat and just a handful a day can lower "bad" cholesterol. They also contain more than 19 vitamins and minerals including vitamins A, B, and E, folic acid, calcium, magnesium, phosphorus.





M&I

NBNS



Peanuts in shell

Peanuts Java

Studies of diets with a special emphasis on peanuts have shown that this little legume is a big ally for a healthy heart



M&I

NBNS



Peanuts Bold



M&I

NBNS





Pistachio in shell

The health benefits of pistachios include a healthy heart, weight management, protection against diabetes and hypertension, and improved digestion. The vitamins, minerals, fats, and protein found in pistachio are all good for health.

Pistachio kernels



Pine nuts

According to researchers: "Pine nut PUFAs (polyunsaturated fatty acids) suppress appetite and affect food intake."



DRY FRUIT

M&I

NBNS





Apple rings

One of the main benefits of dehydrated apples is their dietary fiber content. A half-cup serving of the dried fruit contains 3.7 grams of dietary fiber

Dried Cranberries

The nutrients in cranberries have been linked to a lower risk of urinary tract infections, prevention of certain types of cancer, improved immune function, and decreased blood pressure.



Dates

Dates are great for: weight loss, relieving constipation, supporting regular bowel movements. They are also a good source of various vitamins and minerals, energy, sugar, and fiber.



M & I

NBNS



Desiccated coconut

It contains no cholesterol or trans fats while being rich in a number of essential nutrients, including dietary fiber, manganese, copper and selenium.

Dried Figs

Figs are a good source of soluble fiber which helps in keeping you full for longer periods of time and relieves constipation



M & I

NBNS



Dried mulberries

They provide unusually high levels of protein and iron for a fruit, and are also a rich source of vitamin C, fiber, calcium, and antioxidants.



M & I

NBNS





Dried sour cherry

Ingesting sour cherries lowers uric acid levels in the blood, which helps prevent gout. Dried cherries are a sweet, tart, and flavorful treat that is great for snacking, cooking, and baking

Dried plums

they contain several antioxidants and are considered a top antioxidant food. Plums are known for their laxative effect, which has been attributed to various compounds present in the fruits, such as dietary fiber, sorbitol and isatin.



Goji berries

These shrivelled red berries are alleged to boost the immune system and brain activity, protect against heart disease and cancer, and improve life expectancy. Goji berries contain vitamin C, vitamin B2, vitamin A, iron, selenium and other antioxidants (notably polysaccharides)





Raisins

Raisins are loaded with fiber, potassium, iron and other essential nutrients, but free of saturated fat and cholesterol. They're also gluten-free.

Natural dried apricots



Dried sulphured apricots

Apricots are a wonderful way to protect your heart from a wide variety of diseases, including atherosclerosis, heart attacks, and strokes.





**NEED EXTRA PRODUCT?
SPECIFIC QUANTITY?
CUSTOM SHIPMENT?**

CONTACT US 

Or check our catalogs at
<https://nbnsmi.com/commodities-trading/>

**DOZENS CLOSED
CONTRACTS.**

SHIPPED & RECEIVED

NBNS M&I

João Araújo

📧 jpfa1961

✉ joao@nbnsmi.com

📞 +351 967 610 872

🌐 nbnsmi.com