



نهال

گروه بازرگانی

+989129380557

+989122146325

nahalfruits.com

info@nahaltrading.com





I love
fruit

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About the Company

Nahal Trading has several years of experience in the production, preparation, and sale of various dried fruits, including almonds, raisins, dried figs, and dried fruits. Nahal Trading, with the aim of promoting public health, is engaged in producing and offering its wide range of products in both domestic and export markets, available in diverse packaging and bulk form.

All of our products are processed using the latest equipment and techniques, produced in large quantities and offered to customers at the lowest prices with the highest quality. Our products come with all necessary food and health certifications, ensuring our buyers receive high-quality products.

If you are also looking for a healthy way to improve your general well-being, consuming our products is one of the best options.



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Raisins

Iran is one of the largest producers of raisins in the world. Raisins are used in various industries, primarily in food, confectionery, and cooking, as well as a healthy and nutritious snack. Nahal Trading's raisins are produced hygienically and of very high quality.





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Golden Raisins

These seedless raisins are naturally sweet. This type of raisin is among the best raisins produced in Iran and has many international buyers. Golden raisins contain antioxidants and can help reduce stress. Consuming golden raisins may also help prevent cancer.



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Sultana Raisins

These raisins are made from seedless grapes and are naturally sweet. They have a light or dark brown color. Sultana raisins are an excellent snack, rich in nutrients such as vitamins, minerals, antioxidants, phytonutrients, polyphenols, and several other dietary fibers.



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Green Raisins

Green raisins have a soft texture and a color ranging from dark green to light green with a yellowish tint. Green raisins are very effective and beneficial for strengthening and improving body health. Their main benefits include treating fatigue and weakness, aiding weight loss, preventing osteoporosis, improving sexual weakness, maintaining digestive health, preventing cancer, and reducing the risk of heart diseases.





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Almonds

Various species of almonds are cultivated in Iran, the most important being Mamra, Stone, and Mongha almonds. Mamra almonds are exclusively produced in Iran and, due to their suitable fat content, are highly consumed not only as nuts but also in cosmetic and health product production. Nahal Trading offers Mamra almond kernels in different grades, both in diverse packaging and bulk.





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Dried Figs

Dried figs are delicious and belong to the category of highly nutritious dried fruits. They are rich in energy, carbohydrates, sugars, fiber, protein, and fats and contain large amounts of calcium, manganese, potassium, magnesium, and vitamins.





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.You deserve to enhance your quality of life

We are proud to present you with the unique and diverse dried fruit products from the Nahal brand. Since dried fruits are rich in fiber, their consumption can be effective in controlling weight. These fruits increase satiety and help reduce hunger. As a healthy alternative to sugary foods, dried fruits are a suitable option for those looking to lose or control their weight. These fruits are prepared without any preservatives or chemicals, which is essential for health. So, along with their incredible taste, they offer numerous health benefits that can help improve people's quality of life.



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Dried Orange: The king of Vitamin C



Oranges are one of the richest fruits in vitamin C, and even when dried, they retain all their nutritional value and great flavor. Regular consumption of dried oranges reduces inflammation, improves digestion, controls blood sugar, and reduces the risk of heart diseases. Since it contains powerful antioxidants like flavonoids and carotenoids, dried oranges can also help prevent cancer and enhance brain health.



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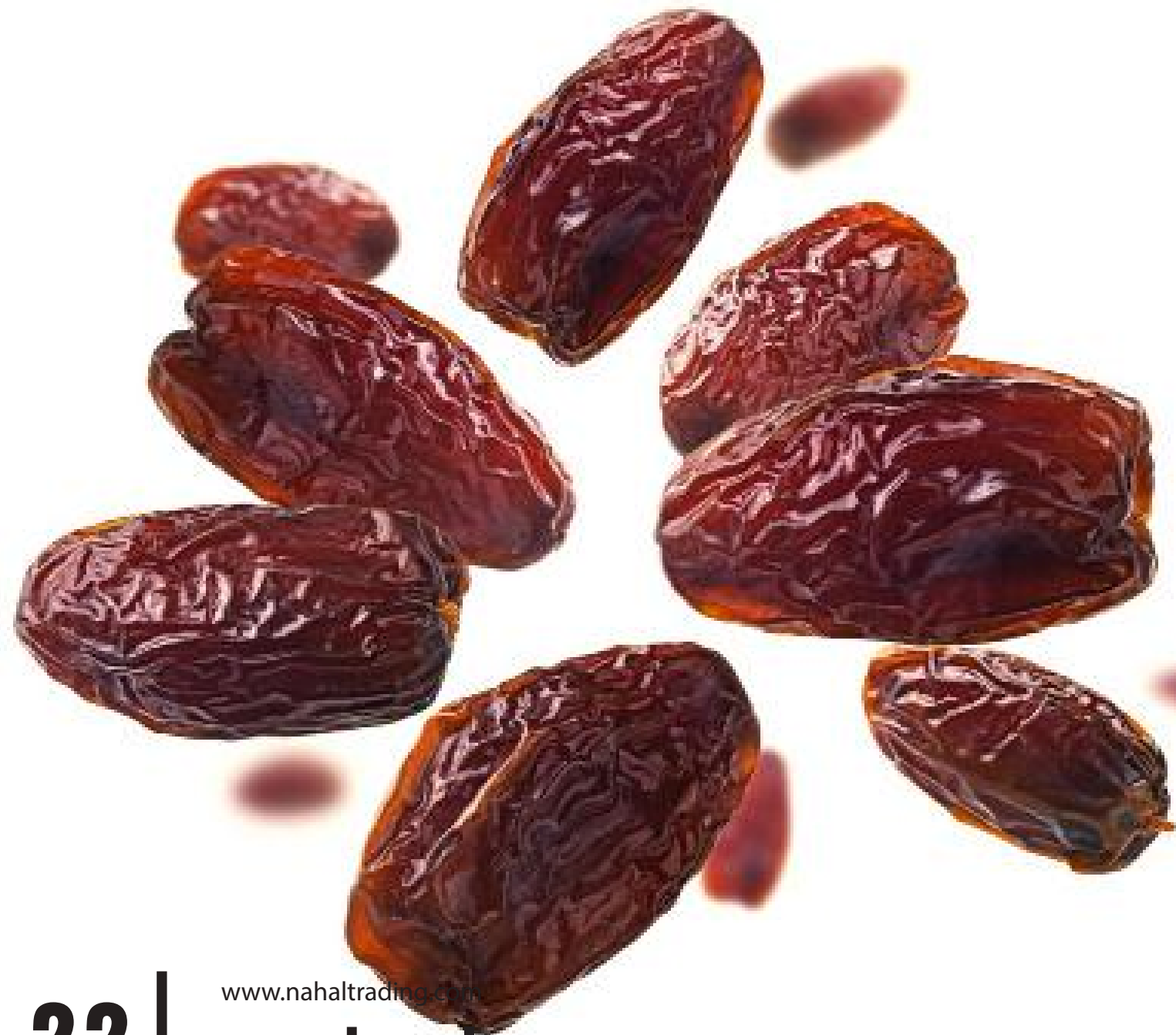
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Dried Mango: The Rejuvenator

This fruit is rich in vitamin C, vitamin A, potassium, fiber, and iron. Vitamin C is a powerful antioxidant known for its vital role in skin health, immune system stability, and cardiovascular health.





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Dried Dates: Energy Booster

Dried dates are an excellent source of fiber, potassium, and iron, all of which are very beneficial for heart health and preventing blood pressure drops. This dried fruit also contains simple sugars that can effectively boost energy.





Dried Apricots: The Digestion Companion

Dried apricots, with their fiber and iron content, offer a perfect solution for digestive health. This dried fruit contains vitamin K and antioxidants like beta-carotene and polyphenols, which help prevent hair loss and premature aging.





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Dried Plums: The Pain Reliever

Dried plums are an excellent source of fiber, vitamin A, and potassium, which contribute to the health of the skin, eyes, and bones. Additionally, they have anti-inflammatory properties, helping to reduce inflammation risks and soothe muscle pains.





Dried Apple: The Anti-inflammatory Fruit

Dried apples contain soluble fiber that aids digestion and maintains gut health. This dried fruit is also rich in vitamin C and strong antioxidants like quercetin, which strengthen the immune system and prevent inflammation.





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Dried Kiwi: The Secret to Longevity

Dried kiwi, abundant in antioxidants, is a powerful cancer-fighting food and can reduce the risk of various cancers. The variety of flavors, ranging from sour to sweet, makes this fruit an excellent choice for all tastes. Packed with vital nutrients, you can enjoy this delicious dried fruit with family and friends.





Dried Persimmon: The Strong Antibiotic

Dried persimmon is an excellent option for boosting the immune system. It is a great source of iron and contains vitamin C, a powerful antioxidant known for protecting the body against infections and diseases.





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Dried Strawberry: The Youth Restorer

Dried strawberries are a delicious and healthy snack that protect heart health and help prevent chronic diseases, thanks to their rich antioxidants and nutritious fibers that prevent cell damage. With their high vitamin C content, dried strawberries boost collagen production, helping repair sun damage and preventing wrinkles. Consuming this fruit can make your skin brighter, softer, and smoother, contributing to youthfulness and vitality.





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Dried Pear: Women's Lifesaver

During pregnancy, proper nutrition is essential for the health of both mother and fetus. Consuming dried pears with their natural sugar satisfies sweet cravings when pregnant women's tastes often change, providing the necessary energy for fetal growth. Additionally, dried pears contain vitamins A, C, K, B9, and minerals like calcium, folate, and iron, which are vital for fetal growth and a healthy pregnancy, combating infections, and strengthening the immune system.





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Dried fruits are an excellent and delicious choice among healthy snacks and for preparing desserts and sweets when fresh fruit is not available.

Ultimately, incorporating dried fruits into your daily diet as a healthy and convenient substitute for fresh fruit can help maintain your health and increase your energy levels. Therefore, adding a variety of dried fruits from the Nahal brand to your daily diet is a smart choice for improving your life quality and health.

