

“Distributing Quality, Trust Hallmarked”

As our presence expands around the globe, the world shrinks and becomes our basket to choose the best from the selection of raw materials and services. Our experts travel the globe and try to source the very best of spices from the corners of the globe to bring the very best to the customer palate and also add variety with the discovery of the new spices and tastes.



VALIANT EXPORTS
DISTRIBUTING QUALITY, TRUST HALLMARKED...



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Premium Quality Indian **Spices**

Kitchen is like a mathematical playground wherein different permutations and combinations of spices take place to make every recipe memorable.



ABOUT US

We have been building institutions of trust, forever embracing people across world. We have been a part of your lives, homes, and celebrations every day of the year. We export premium-quality spices and condiments that can be used daily. We take pride in knowing and understanding the consumers we serve and adding life to the products. The prime principles to put focus on are:

- ◆ Communicate often and well.
- ◆ Listen to ideas and opinions.
- ◆ Find balance.
- ◆ Have high standards.
- ◆ Put the customer first.
- ◆ Show gratitude.
- ◆ Be bold.
- ◆ Take ownership.
- ◆ Celebrate diversity.
- ◆ Build trust.
- ◆ Be transparent.
- ◆ Provide value.
- ◆ Accept responsibility.
- ◆ Don't be afraid to fail.
- ◆ Win together

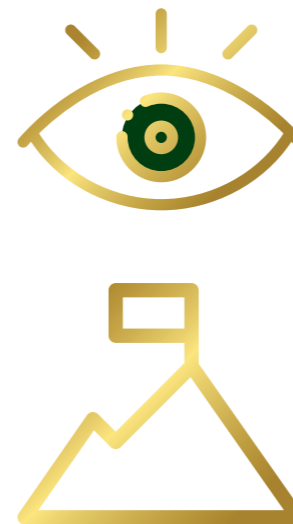


Products and values

The spices we offer are loaded with taste and flavour. Spices are generally derived from fruits, stems, roots, seeds, flowers, or bark. Many Indian spices like turmeric, cinnamon, cloves, cumin seeds, and cardamom add a strong hint of flavour while adding nutrition to the food. Indulging our organically grown spices while cooking can offer the dish an authentic Indian flavour and make it healthier. That's why you can trust our products to bring taste and health into your life.

Company's Vision and Mission

- ◆ Our sole vision is to develop our company into one of the leading spices and food solutions companies globally that offer premium and quality services.
- ◆ Our mission is to become a household name for quality, technology, innovation, and services. We want to climb the ladder of the global food processing industry and stay on top of it by providing customers with satisfactory products and services.
- ◆ We strive to enhance the health of our buyers by providing them with the best organic products available in the market.
- ◆ Last but not least, we want to take care of your taste buds by providing delicious organic products while maintaining a high standard of hygiene.





Description of Services

While we are expanding into a global company, selecting the best raw materials to provide top-notch services becomes important. That is why our experts roam every corner of the world to collect new and tasty spices to satisfy our buyers every day. Our international Associates in Canada, Sweden, and USA help us to set this process at optimal cost and efficient delivery schedules.

Safety, Health, and Environmental Policies

Our company is committed to creating a healthy and secure workplace to protect the environment and our customers. We believe in policies that can prevent injuries during work, property losses, illnesses, and adverse impacts on nature. We aim to become a company that engages in good business by protecting its employees, the environment, and most importantly, our customers. To fulfil these commitments, our company will:

1. Ensure that our management takes complete responsibility for our protecting workers along with the environment.
2. Take into account the safety, health, and environmental considerations and integrate them into our service.
3. Work actively and continuously to improve the company's health, safety, and environmental benefits.
4. Confirm that safety, health, and environmental protection systems are adopted before beginning to work and cease any activity if the safety, health, or environmental protections are compromised.

All the responsibility for applying these important policies rests with our management and employees, who are firmly trained to abide by them.



Turmeric Powder

Blending Science

Turmeric's dominant earthy notes are produced by the flavour compounds- turmerone and ar-turmerone ("ar"- for "aromatic"), which can be found in few other spices. The minor compounds have more opportunities for effective blending. We focus on one compound to bring a particular taste; sometimes, we blend different compounds for a unique taste.

Health Benefits

- ◆ Turmeric contains bioactive compounds having medicinal properties
- ◆ Curcumin is a natural anti-inflammatory compound
- ◆ Turmeric can increase the antioxidant capacity of the body
- ◆ Curcumin can boost brain-derived neurotrophic factor
- ◆ Curcumin may lower your risk of heart disease
- ◆ Turmeric may help prevent cancer
- ◆ Arthritis patients respond well to curcumin supplements
- ◆ Curcumin has benefits against depression
- ◆ Curcumin may help delay aging and fight age-related chronic diseases

Star Anise

Blending Science

The succulent herby liquorice flavour of anise comes from the powerful anethole compound. To produce Star anise, we blend the anethole flavour compound with anise, fennel, and liquorice, even though they are from other plants. Anethole is 13 times sweeter than table sugar and it adds sweetness to the spice. The overall blending science working behind star anise is more complex than that of other anethole spices, and it possesses linalool's alluring floral flavour.

Health Benefits

- ◆ Rich in Powerful Bioactive Compounds
- ◆ One of the most popular pharmacological qualities of star anise is its shikimic acid content having strong antiviral capabilities.
- ◆ Star anise is a rich source of flavonoid anethole. This compound is responsible for the spice's distinct flavour and offers potent antifungal benefits.
- ◆ Another important medicinal benefit of star anise is its ability to inhibit bacterial growth implicated in a variety of common ailments.



Fennel Seeds

Blending Science

The main sweet aniseed flavour of fennel comes from powerful anethole while penetrating fenchone brings bitter pungency, and small amounts of citrusy limonene and pine-scented pinene are also present.

Health Benefits

- ◆ Highly nutritious. Both fennel and its seeds are packed with nutrients.
- ◆ Contain beneficial plant compounds.
- ◆ Fennel seeds may suppress appetite.
- ◆ Can benefit heart health.
- ◆ May have cancer-fighting properties.
- ◆ May benefit breastfeeding women.
- ◆ High in antioxidants.
- ◆ May help in treating asthma.
- ◆ May help lower blood pressure and cholesterol levels
- ◆ May protect brain health



Sesame Seeds

Blending Science

Untoasted sesame seeds contain very subtle and distinct flavoured compounds such as furfural and hexanal. When roasted or toasted, proteins and sugars on the outer layers of the seed react with one another to form hundreds of new compounds, including nutty and flavourful pyrazines.

Health Benefits

- ◆ Good Source of Fibre
- ◆ May Lower Cholesterol and Triglycerides
- ◆ Nutritious Source of Plant Protein
- ◆ May Help Lower Blood Pressure
- ◆ May Support Healthy Bones
- ◆ May Reduce Inflammation
- ◆ Good Source of B Vitamins
- ◆ May Aid Blood Cell Formation
- ◆ May Aid Blood Sugar Control
- ◆ Rich in Antioxidants



Poppy Seeds

Blending Science

Poppy seeds are rich in linoleic acid, which makes the taste buds more sensitive to pleasant, sweet, salty, and savoury tastes while dampening down the bitterness. The seeds are also packed with green and grassy aldehyde flavour compounds, in particular 2-pentylfuran and hexanal. Other important flavour compounds include balsamic vinyl amyl ketone and citrusy limonene.

Health Benefits

- ◆ Rich in nutrients and antioxidants
- ◆ May contain pain-relieving compounds
- ◆ May boost heart and skin health
- ◆ May aid digestion
- ◆ May safeguard against certain illnesses.



Red chili & Red chili powder

Blending Science

Capsaicin is responsible for the heat pungency that can numb the mouth to more subtle flavours. It can be found more in milder and/or fresh chillies and is produced by plentiful fruity esters, and less common floral undecanol, grassy aldehydes, and citrusy limonene. Drying and smoking chillies create new flavour compounds, notably earthy, toasty pyrazines and nutty, bread-like furfural.

Health Benefits

- ◆ Fights Inflammation and Pain
- ◆ Promotes Digestive Health
- ◆ Aids in Weight Loss
- ◆ Enhances Cognitive Function
- ◆ Relieves Nasal Congestion
- ◆ Red chilli powder's key component capsaicin can help reduce triglycerides, cholesterol, and platelet aggregation.



Saffron

Blending Science

Picrocrocin gives saffron its lingering and slightly bitter taste; safranal produces much of its distinctive aroma. Both picrocrocin and safranal are unique to saffron, but their qualities help determine pairings, as does the small amount of pinene and the tenacious eucalyptus-like compound cineole.

Health Benefits

- ◆ A Powerful Antioxidant
- ◆ May Improve Mood and Treat Depressive Symptoms
- ◆ May Have Cancer-Fighting Properties
- ◆ Reduce PMS Symptoms. Premenstrual syndrome (PMS) refers to the physical, emotional, and psychological symptoms occurring before the start of a menstrual period.
- ◆ May Act as an Aphrodisiac



Nigella Seed/ Black Cumin

Blending Science

We bring the exotic secondary flavour compounds of nigella for effective spice pairings: significant concentrations of cymene give the spice its earthy, fresh aroma, and smaller amounts of the mild terpenes pinene and limonene are also present.

Health Benefits

- ◆ Packed With Antioxidants.
- ◆ May Lower Cholesterol.
- ◆ Could Have Cancer-Fighting Properties.
- ◆ Can Help Kill off Bacteria.
- ◆ May Alleviate Inflammation.
- ◆ Could Help Protect the Liver.
- ◆ Can Aid in Blood Sugar Regulation.
- ◆ May Prevent Stomach Ulcers.



Nutmeg & Nutmeg Powder

Blending Science

Nutmeg's woody aroma comes from myristicin, which is integral to its flavour profile, although it makes up only a small proportion of the oil. Nutmeg also contains peppery, fruity sabinene, floral geraniol and safrole, clove-like eugenol, eucalyptus-scented cineole, and conifer-like pinene.

Health Benefits

- ◆ May lower the severity of chronic inflammation, which is linked to many adverse health conditions, such as heart disease, diabetes, and arthritis
- ◆ Some animal studies show that nutmeg may enhance sex drive and performance.
- ◆ Nutmeg has been shown to have antibacterial effects against potentially harmful strains of bacteria.
- ◆ Could boost mood.
- ◆ May improve blood sugar control



Mustard Seeds Yellow

Blending Science

Mustard's heat is produced by sulphur - containing isothiocyanates, which, unlike other pungent compounds, can get vapourised at body temperature to have a nose-filling pungency. The complex flavour profile also includes pine-like pinene, ground-coffee-like furanmethanethiol, malty, peachy 3-methylbutanagel, and popcorn-like 2-acetyl-1-pyrroline. Nutty, roasted pyrazine flavours are produced by toasting the seeds.

Health Benefits

- ◆ Mustard plants come in dozens of varieties, all of which are rich in nutrients.
- ◆ Source of beneficial antioxidants
- ◆ May protect against certain types of cancer
- ◆ May lower blood sugar levels.
- ◆ May protect against psoriasis.
- ◆ May reduce symptoms of contact dermatitis
- ◆ May offer protection against infections



Mustard Seeds Black

Blending Science

Mustard seeds are from the mustard plant, which belongs to the Cruciferous plant family. Other vegetables belonging to this family are cauliflower, broccoli, Brussels sprouts, and cabbage. Though small, the mustard seed is famous. It has been mentioned in Christian teachings, Islam, Hinduism, and Buddhism. Sanskrit writings from 5,000 years ago mention mustard seeds. Mustard seeds were used medicinally in history and today we know them to be a great source of omega-3 fatty acids, iron, calcium, zinc, manganese, and magnesium. Some research suggests they contain compounds that help fight cancer.

Health Benefits

- ◆ Mustard plants are available in multiple varieties, all of which are rich in nutrients.
- ◆ Source of potential antioxidants
- ◆ May fight against certain types of cancer
- ◆ May control blood sugar levels.
- ◆ May protect against psoriasis.
- ◆ May lower symptoms of contact dermatitis
- ◆ May offer protection against infections



Mace

Blending Science

Peppery sabinene is less dominating in mace than in nutmeg and mace has more fragrant oils, with a wider diversity of perfumed compounds, including floral elemicin, which works in partnership with terpineol, and small amounts of eugenol and safrole. Mace lacks the mouth-puckering tannins of nutmeg, giving it a smoother mouthfeel.

Health Benefits

- ◆ Mace can be taken to the mouth for diarrhea, nausea, vomiting, stomach spasms and pain, and intestinal gas.
- ◆ It is also taken to the mouth for treating cancer, kidney disease, increasing menstrual flow; causing a miscarriage, and as a hallucinogen.
- ◆ Keeps Your Digestive System Healthy
- ◆ Encourages Appetite
- ◆ Boosts Blood Circulation
- ◆ Stress Buster
- ◆ Protects Kidneys



Garlic Powder

Blending Science

Garlic's pungency derives mainly from its sulphur-containing flavour compounds; these have significant cross-over with cooked meats, which also contain sulphur compounds. Smaller amounts of gently aromatic terpenes are also present, including limonene and sabinene. Toasting creates nutty-flavoured pyrazines.

Health Benefits

- ◆ Contains more antioxidants.
- ◆ May help regulate blood sugar.
- ◆ May reduce the risk of heart disease.
- ◆ Compounds in black garlic may protect brain health.
- ◆ May have anti-cancer properties.
- ◆ Black garlic may help protect your liver.



Fenugreek Seeds

Blending Science

Fenugreek's flavour is dominated by sotolon, a sweet lactone compound with a taste like brown sugar with hints of candy floss. This spice also has woody caryophyllene, with some buttery diacetyl, and mushroom-like vinyl amyl ketone. Pyrazines provide toasted seeds with roasted, and smoky flavours. The sweaty, rancid, musty aromas are produced by a trio of fragrant acids, which some people dislike.

Health Benefits

- ◆ Reduces the risk of diabetes.
- ◆ Improves milk production and flow.
- ◆ Improves weight loss.
- ◆ Raises testosterone and boost sperm count.
- ◆ Reduces inflammation.
- ◆ Reduces the risk of heart and blood pressure conditions.
- ◆ Acts as pain relief.



Dry Fenugreek Leaves

Blending Science

Fenugreek's flavour is dominated by sotolon, a sweet lactone compound with a taste like brown sugar with hints of candy floss. This spice also has woody caryophyllene, with some buttery diacetyl, and mushroom-like vinyl amyl ketone. Pyrazines give toasted seeds roasted, smoky flavours. The sweaty, rancid, musty aromas are produced by a trio of fragrant acids, which some people dislike.

Health Benefits

- ◆ Contains low calorie; 1 cup dry fenugreek leaf contains only 13 calories
- ◆ It is enriched with strong antioxidants like Beta Carotene and Vitamin C
- ◆ Strengthens bone health
- ◆ Helps battle against diabetes
- ◆ Improves digestive system
- ◆ Cures mouth ulcers
- ◆ Promotes production of milk in lactating mothers
- ◆ Improves heart health
- ◆ Battles against anaemia



Dry Ginger Powder

Blending Science

The terpene compound zingiberene carries the characteristic aroma of ginger, but the taste is made more divine, thanks to a cornucopia of other compounds, including spicy-hot gingerols, as well as floral linalool and geraniol, herbal curcumene, lemony citral, and eucalyptus-like cineole.

Health Benefits

- ◆ Soothes Upset Stomach.
- ◆ Reduces Inflammation.
- ◆ Lowers Blood Sugar.
- ◆ Reduces Cancer Risk.
- ◆ Relieves Menstrual Cramps.
- ◆ Shortens or Prevents the Common Cold.
- ◆ One of the 7 Best Foods for a Healthy Immune System.



White Pepper & White Pepper Powder

Blending Science

White pepper powder is commonly used in light coloured European dishes like casseroles, pies, mayonnaise, cream-based soups, and white sauces. It is often used in instant noodles and snacks. In Indian cuisine, white pepper powder is used for white, cream-based gravies, and curries.

Health Benefits

- ◆ It soothes pain
- ◆ White pepper reduces weight
- ◆ It can help people fight against cancer
- ◆ It can reduce headache
- ◆ White pepper cures cough
- ◆ It controls blood pressure
- ◆ It takes care of heart and makes it healthy



Cloves

Blending Science

Clove has the highest eugenol content of any spice; this perfumed, warming phenol compound has a eucalyptus-like scent and a sweetening effect on the tongue. Woody caryophyllene is the other compound useful for pairing, and the flavour profile is rounded off with green banana-like methyl amyl ketone and minty methyl salicylate.

Health Benefits

- ◆ Contain important nutrients. ...
- ◆ High in antioxidants.
- ◆ May help to battle against cancer.
- ◆ Can kill bacteria.
- ◆ May improve liver health.
- ◆ May help to regulate blood sugar.
- ◆ May promote bone health.
- ◆ May reduce stomach ulcers.



Chia Seeds

Blending Science

Chia seeds contain large amounts of fiber and omega-3 fatty acids, plenty of high-quality protein, and several essential minerals and antioxidants. They may improve digestive health, blood levels of the heart, and reduces risk factors for heart disease and diabetes. Chia seeds are small, flat, and oval-shaped with a shiny and smooth texture. Their colour ranges from white to brown or black. These seeds are highly versatile. They can be soaked and added to porridge, made into pudding, used in baked goods, or simply sprinkled on top of salads or yogurt. Because of their ability to absorb liquid and form a gel, they can also be used to thicken sauces or as an egg replacement.

Health Benefits

- ◆ Chia seeds deliver a massive amount of nutrients with very few calories
- ◆ Chia seeds are loaded with antioxidants
- ◆ Almost all the carbs in them are fibre
- ◆ Chia seeds are high in quality protein
- ◆ The high fibre and protein content in Chia Seeds may help you lose weight
- ◆ Chia seeds are high in Omega-3 Fatty Acids
- ◆ Chia seeds may lower your risk of heart disease

Cinnamon & Cinnamon Powder

Blending Science

Cinnamaldehyde is the main flavour compound and is sensed by temperature receptors on the tongue, giving cinnamon a warming quality that makes it a good partner for other warming spices. Its woodiness is like that of caryophyllene, the penetrating aroma of eugenol, and the floral notes of linalool.

Health Benefits

- ◆ It has anti-viral, anti-bacterial, and anti-fungal properties.
- ◆ Contains antioxidants with anti-inflammatory effects.
- ◆ Its prebiotic properties may improve gut health.
- ◆ Controls blood pressure.
- ◆ Lowers blood sugar and risk of type 2 diabetes.
- ◆ Relieves digestive discomfort..



Carom Seeds

Blending Science

Ajwain and thyme have similar taste profiles: they both share the same main flavour compound – thymol – which is also found in oregano. This powerful phenol works alongside equally penetrating or herbal spices, while the lesser terpene compounds provide opportunities for bringing out citrus and woody, spicy flavours.

Health Benefits

- ◆ Fight bacteria and fungi. Carom seeds have powerful antibacterial and antifungal properties.
- ◆ Improve cholesterol levels.
- ◆ May lower blood pressure.
- ◆ Combats peptic ulcers and relieves indigestion.
- ◆ May prevent coughing and improve airflow.
- ◆ Has anti-inflammatory effects.



Cardamom

Blending Science

Cardamom's flavour profile is dominated by a powerfully penetrating eucalyptus-like flavour compound called cineole. It also contains a less common flavour compound, alpha-ethyl acetate, which is sweet, minty, and herbal. In addition, there are significant amounts of several pleasant terpene compounds, including lemony limonene and delicate floral linalool.

Health Benefits

- ◆ Antioxidant and diuretic properties may lower blood pressure.
- ◆ May contain cancer-fighting compounds.
- ◆ May protect from chronic diseases, thanks to Anti-inflammatory effects. ...
- ◆ May help with digestive problems, including Ulcers.
- ◆ May treat bad breath and prevent cavities.



Black Pepper & Black Pepper Powder

Blending Science

The warming quality of pepper is produced by a pungent alkaloid called piperine. The spice's more subtle flavours are created by terpene compounds, including woody rotundone, pine-scented pinene, lemony limonene, spicy myrcene, floral linalool, and phellandrene, which has fresh lime and green notes.

Health Benefits

- ◆ High in antioxidants
- ◆ Has anti-inflammatory properties
- ◆ May benefit your brain
- ◆ May improve blood sugar control
- ◆ May lower cholesterol levels
- ◆ May have cancer-fighting properties.



Asafoetida & Asafoetida Powder

Blending Science

Asafoetida's flavour-carrying oils are dominated by sulphides, which provide its fried onion smell, making it a suitable partner for similarly flavoured spices, such as garlic. Minor flavour compounds contribute more subtle hints of flavour but serve as a helpful guide for further pairings.

Health Benefits

- ◆ Antibacterial, antifungal, and antimicrobial effects
- ◆ Helps lower blood pressure
- ◆ Anticancer effects
- ◆ Protects brain health
- ◆ Helps ease asthma symptoms
- ◆ Helps lower blood sugar levels



Bay Leaf

Blending Science

The flavour profile of bay leaf is dominated by a terpene compound called cineole, which has an unusually penetrating and powerful eucalyptus scent. The next most abundant flavour compound is a spicy, sweet, warming phenol called eugenol. There are also small amounts of peppermint-like and slightly citrusy phellandrene, pine-like pinene and terpineol, and floral geraniol and linalool.

Health Benefits

- ◆ Keeps cancer at bay
- ◆ A solution for diabetes
- ◆ May treat your wounds
- ◆ Treat kidney stones
- ◆ Banish brain disorders



Black Cardamom

Blending Science

Black cardamom is dominated by the same penetrating cineole compound that gives green cardamom its flavour, but here the similarity ends. Varied smoky phenols, significant amounts of clove-like eugenol, pine-like pinene, and citrusy limonene, offer a wide range of pairing opportunities.

Health Benefits

- ◆ Antioxidant and Diuretic Properties May Lower Blood Pressure.
- ◆ May Contain Cancer-Fighting Compounds.
- ◆ May Protect from Chronic Diseases Thanks to Anti-Inflammatory Effects.
- ◆ May Help with Digestive Problems, Including Ulcers.
- ◆ May Treat Bad Breath and Prevent Cavities.



Celery

Blending Science

The most abundant flavour compound in celery seeds is citrus-scented limonene, with lesser amounts of herbal-tasting selinene and woody, spicy humulene. However, the unique herbal taste of this spice is produced by unusually potent lactone compounds called phthalides, which are present in only trace amounts but have a profound effect on the overall flavour.

Health Benefits

- ◆ Celery is a great source of important antioxidants
- ◆ Celery reduces inflammation
- ◆ Celery supports digestion.
- ◆ Celery is rich in vitamins and minerals
- ◆ Celery has an alkalizing effect.



Caraway Seeds

Blending Science

The most abundant flavour compound is the oil-loving terpene S-carvone, which, unlike most terpenes, confers a powerfully spicy flavour, with hints of menthol and rye, reminiscent of anise. The other major flavour compounds are citrusy limonene, with lesser amounts of woody sabinene.

Health Benefits

- ◆ Nutrient profile
- ◆ May reduce inflammation
- ◆ May encourage healthy digestion
- ◆ May promote weight loss



Charmagaz

Blending Science

In these days and times of a fast-paced lifestyle, every second counts. In this hugely competitive world, the human brain is processing numerous thoughts and it is important to possess great intellect, excellent memory skills, and cognitive abilities if you want to excel in every aspect of life. Traditional medicine is a treasure trove of herbal remedies, offering solutions for improving memory and enhancing cognitive skills. Charmagaz is a spice having multiple health benefits.

Health Benefits

- ◆ It is good news for those who wanted to gain weight.
- ◆ The seeds contain plenty of protein, which is helpful for your hair health, hair growth, hair shining, and controlling hair loss.
- ◆ Magaz seeds are full of fatty acids like oleic acid and linoleum acid, which help to make your skin glowing
- ◆ Such seeds are having an amino acid named arginine, which is good to boost your sexual power
- ◆ The seeds are good in curing diabetes by lowering down the sugar in the blood
- ◆ Its tea is diuretic in nature and helps infiltration of kidney, kidney stone, infection in the urinary tract, and overall health of the kidney
- ◆ Magaz seeds are a good source of vitamin B-complex
- ◆ Magaz seeds for cardiac health: It is an important source of some of the amino acids, which our body can't form. The important amino acids present in it are arginine, tryptophan, glutamic acids, and lysine. Arginine is good for the heart. The presence of Omega fatty acids reduces the chances of cardiac complications



Cubeb

Blending Science

People use cubeb for increasing urination to relieve water retention (as a diuretic). They also use it to treat a certain parasitic infection in the intestine called amoebic dysentery. Other uses include treatment of intestinal gas, gonorrhoea, and cancer. In foods, cubeb oil is used as a flavouring ingredient.

Health Benefits

- ◆ Inflammatory diseases of the urinary tract
- ◆ Gastritis and digestion
- ◆ Respiratory conditions and chronic bronchitis
- ◆ Influenza
- ◆ Overcome fatigue
- ◆ Medicine for a headache



Cumin & Cumin Powder

Blending Science

Cumin's uniquely musky, spicy flavour derives from cuminaldehyde, a compound found in found in roast beef and cinnamon but sparingly in other spices. Other important compounds include pinene, which gives the spice its dry, pinewood nuance, and cymene, which has a fresh, turpentine-like aroma.

Health Benefits

- ◆ Contains naturally occurring substances that work as antioxidants.
- ◆ Has anticancer properties.
- ◆ May help treat diarrhea.
- ◆ Helps control blood sugar.
- ◆ Fights bacteria and parasites.
- ◆ Has an anti-inflammatory effect.
- ◆ May help lower cholesterol.
- ◆ Aids in weight loss



Coriander & Coriander Powder

Blending Science

Lilac-scented linalool dominates the flavour profile of coriander, followed by a variety of mildly flavoured terpenes, including pinene, cymene, and limonene, making it a versatile spice for pairing.

Health Benefits

- ◆ Has antiseptic properties and these properties are effective in soothing skin ailments like eczema, itchy skin, rashes, etc.
- ◆ Maintains healthy blood sugar levels
- ◆ Prevents hair fall and invigorates the hair roots for new development
- ◆ Contains essential vitamins such as folic acid, vitamin A, and beta-carotene
- ◆ Fights off cold and flu
- ◆ Rich in immune-boosting antioxidants.
- ◆ May benefit heart health.



Dried Unripe Mango Powder

Blending Science

As well as partnering with the following spices that share the same or similar fruity, herbal, and vegetable-like flavour compounds, take advantage of the sweet and puckering qualities of amchur by pairing with galangal and ginger, or the sweetly aromatic nutmeg and cinnamon.

Health Benefits

- ◆ Boosts digestion.
- ◆ Amchur powder combats acidity and boosts the process of digestion. ...
- ◆ Aids in weight loss.
- ◆ Improves vision.
- ◆ Prevents cancer.
- ◆ Protects your heart and takes care of your heart.



Panch Phoron

Blending Science

Panch Phoron is delicious as a rub for meats, added to Indian stews, sprinkled on vegetables, or used for pickling vegetables. It is also a delicious addition to any “carb-like” foods such as pieces of bread like naan bread. Nigella Seed is quite an extraordinary spice and can be purchased online or in Indian specialty stores. There really are no adequate words to describe its flavor. It adds a wonderful depth and flavor to any dish it's added to and really brings Panch Phoron to life. A quick spice blend to make, give it a try and you'll be reaching for it any time you have a hankering for authentic Indian food.

Health Benefits

This spice is a mixture of below 5 spices

- ◆ **Fenugreek:** Fenugreek is a natural way to increase breast milk. Mothers who want to increase the supply of breast milk should include fenugreek or methi in their diet.
- ◆ **Nigella seeds:** The black-coloured nigella or onion seeds are traditionally used for healing in Ayurvedic treatments.
- ◆ **Fennel:** Fennel seed or saunf improves immunity. For those of you who suffer from periods of pain, try having fennel seeds with water.
- ◆ **Black mustard:** This tiny black mustard seed is full of nutrients such as iron, calcium, zinc, manganese, and dietary fibre. It can also reduce, to some extent, the symptoms of asthma.
- ◆ **Cumin seeds:** Cumin seeds are known to help the digestive system. It aids in the proper secretion of pancreatic enzymes, which in turn helps in digestion



Thank
you
for choosing us