

# BòS

BALI ORGANIK SUBAK



**PT. Bali Organik Subak  
Vedatech Nusantara**

Bali - Indonesia

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Bali Organik Subak (BOS) is a company engaged in the development of agricultural cultivation that focuses on the main commodities of agriculture, vegetables, and fruit. BOS is located in Bali-Indonesia with its head office located at Jl.Surapati no.103, Singaraja, Buleleng, Bali.

BOS focuses on 4 main aspects namely agricultural development, cultivation, post harvest sales, and exports. Trust and quality are the basic principles of the company. Our company's vision is to make the farmers of Bali prosperous and keep Bali's farms to stay organic.

We always ensure the quality of our products are well maintained, well distributed in time, have competitive prices, and genuinely come from nationally and internationally certified farms.

Thank you for trusting us as your partner.



# Durian

*Durio zibethinus*



PT. Bali Organik Subak  
Bali, Indonesia  
0811 89 627 27

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## Description

Durian is an exotic fruit in many parts of Southeast Asia, and is often called the “king of fruits”. It is also widely celebrated for its long list of health benefits, which include the ability to boost your immune system, prevent cancer and inhibit free radical activity, improve digestion, strengthen bones, reduce signs of anemia, cure insomnia, prevent premature aging, lower blood pressure, and protect against cardiovascular diseases.

The other benefits of durian include its ability to help with diabetes management, reduce inflammation of the joints, help thyroid health, reduce headaches, and lower symptoms of depression, anxiety, and stress.

Most of the health benefits come from durian’s impressive vitamin and mineral content. It contains vitamin C, folic acid, thiamin, riboflavin, niacin, B6, and vitamin A. Important minerals such as potassium, iron, calcium, magnesium, sodium, zinc, phosphorus are found in durian. It also contains nutrients such as phytonutrients, water, protein, and beneficial dietary fats.

### Nutrition Facts

Serving Size 100gr

Nutrient	Value
Water [g]	64.99
Energy [kcal]	147
Protein [g]	1.47
Total lipid (fat) [g]	5.33
Carbohydrate, by difference [g]	27.09
Fiber, total dietary [g]	3.8
Calcium, Ca [mg]	6
Iron, Fe [mg]	0.43
Magnesium, Mg [mg]	30
Phosphorus, P [mg]	39
Potassium, K [mg]	436
Sodium, Na [mg]	2
Zinc, Zn [mg]	0.28
Vitamin C, total ascorbic acid [mg]	19.7
Thiamin [mg]	0.37
Riboflavin [mg]	0.2
Niacin [mg]	1.07
Vitamin B-6 [mg]	0.32
Vitamin B-12 [µg]	0
Vitamin A, RAE [µg]	2
Vitamin A, IU [IU]	44
Fatty acids, total trans [g]	0
Cholesterol [mg]	0

Sources : USDA

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Common Name:  
**Durian**  
Botanical Name:  
**Durio zibethinus**  
Average Weight:  
**1350 gm [3 lb]**

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## Seasonality

● Jan	● Jul
● Feb	● Aug
● Mar	● Sep
● Apr	● Oct
● May	● Nov
● Jun	● Dec



## Packaging:

Every fruit is packed individually by PE plastic. 15 kg/foam box.

## Storage Instrument:

Storage Durian in cool places (4 – 6°C). Durian can last up to 7 - 9 days.



All of our products are checked comprehensively to comply the export quality standard.

# Salak

*Salacca zalacca*



## Description

Salak is actually the name of a type of palm tree that is native to areas of Indonesia and parts of the South Pacific. These trees are cultivated for their fruits, which are found clustered near the base of the tree, and have a unique red, scaly exterior, which earns it the nickname snake fruit. These fruits are only about the size of figs and may resemble a large garlic clove when peeled.

Salak is not only a great fruit to include in your food for its flavor, but also for its nutrient content, which includes high levels of dietary fiber, protein, sugars, potassium, iron, calcium, phosphorous, vitamin C, and vitamin A, as well as various antioxidants and active ingredients. There are only 82 calories in a 100-gram serving of salak, which means that it has a low impact on your overall caloric intake.

The most important health benefits of salak include its ability to boost vision health, strengthen cognition, optimize digestion, increase energy, aid weight loss efforts and regulate blood sugar levels for diabetic patients.

### Nutrition Facts

Serving Size 100gr

Nutrient	Value
Energy	1.539 kJ (368 kcal)
Fat	0.4 g
Protein	0.8 g
Vitamin C	8.4 mg
Calcium	38 mg
Iron	3.9 mg
Phosphorus	18 mg
Sodium	0 mg
Cholesterol	0 mg

Sources : Wikipedia



Common Name:

Salak

Vernacular Name:

Snake Fruit, Snakeskin Fruit

Botanical Name:

Salacca Zalacca

Specimens From:

Indonesia

Average Weight:

90 gm [3.17 Oz]





## Seasonality

Jan	Jul
Feb	Aug
Mar	Sep
Apr	Oct
May	Nov
Jun	Dec



## Packaging:

Every fruit is packed individually by PE plastic. 10 kg/foam box.

## Storage Instrument:

Storage salak in cool places (4 – 6°C). Salak can last up to 7 - 9 days.



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# Dragon Fruit

*Hylocereus undatus*



## Description

Dragon fruit is an exotic and delicious fruit, which is also considered a tropical superfood because of its wealth of benefits. It is known as “pitaya or pitahaya” which comes from the genus *Stenocereus* and *Hylocereus* respectively. It has its origins in Mexico, South America, and Central America

Dragon fruit is a healthy fruit, which is low in calories and rich in antioxidants and can be added to any weight loss diet. It is rich in proteins, fiber, lycopene, and carbohydrates. It contains carotene, vitamin C, vitamin B, thiamine (vitamin B1), and riboflavin. The mineral wealth of this fruit includes calcium, phosphorus, iron, and sodium.

The health benefits of the dragon fruit are mainly attributed to its antioxidant, antibacterial, and nutritional properties. The benefits include boosted immunity, faster metabolism, and a smoother digestive process.



## Nutrition Facts

Serving Size 100gr

Nutrient	Value
Energy	1120 kJ (268 kcal)
Carbohydrates	82.14 g
Sugars	82.14 g
Dietary fiber	1.8 g
Protein	3.57 g
Vitamin C	9.2 mg
Calcium	107 mg
Sodium	39 mg

Sources : Wikipedia



Common Name:  
Dragon fruit

Vernacular Name:  
Pitaya, Pitahaya,  
Strawberry pear.

Botanical Name:  
*Hylocereus undatus*

Average Weight:  
700 gms [1 lb 8.7 oz]

## Seasonality

🌸 Jan	🌸 Jul
🌸 Feb	🌸 Aug
🌸 Mar	🌸 Sep
🌸 Apr	🌸 Oct
🌸 May	🌸 Nov
🌸 Jun	🌸 Dec



## Packaging:

Every fruit is packed individually by PE plastic. 10 kg/foam box.

## Storage Instrument:

Storage dragon fruit in cool places (4 – 6°C). Dragon fruit can last up to 7 - 9 days.



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# Mangosteen

*Garcinia mangostana*



## Description

The fruit is reddish or dark purple in color. Due to its good taste, mangosteen is also known as the queen of fruits. The place of origin is not known but it is said to have domesticated in Southeast Asian countries. Thailand, Burma, India, and Vietnam are some of the countries where it was cultivated for many years.

Mangosteen is a healthy fruit, which is rich in water, energy, protein, carbohydrates, and fiber. Essential nutrients such as calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, and manganese are found in this fruit. It contains vitamin C, vitamin B6, vitamin B12, and vitamin A which are required for maintaining good health. Other vitamins such as thiamin, riboflavin, niacin, pantothenic acid, folate, folic acid, carotene, and cryptoxanthin are also found in it.

This queen of fruits has many health benefits such as anti-cancer from its pericarps that contain xanthenes, reducing the risk of skin inflammation, skin aging, eczema, allergies, bacterial infections, cures diarrhea & dysentery, reducing the risk of stroke or myocardial infarction, and it is effective in managing and maintaining blood sugar levels in the body

### Nutrition Facts

Serving Size 100gr

Nutrient	Value
Energy	305 kJ (73 kcal)
Carbohydrates	17.91 g
Dietary fiber	1.8 g
Fat	0.58 g
Protein	0.41 g
Thiamine (B1)	0.054 mg
Riboflavin (B2)	0.054 mg
Niacin (B3)	0.286 mg
Pantothenic acid (B5)	0.032 mg
Vitamin B6	0.018 mg
Folate (B9)	31 µg
Vitamin C	2.9 mg
Calcium	12 mg
Iron	0.3 mg
Magnesium	13 mg
Manganese	0.102 mg
Phosphorus	8 mg
Potassium	48 mg
Sodium	7 mg
Zinc	0.21 mg

Source: Wikipedia

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Common Name:  
**Mangosteen**  
Vernacular Name:  
**Manggis, Mangkhut**  
Botanical Name:  
**Garcinia mangostana**  
Average Weight:  
**82 gms**

## Seasonality

 Jan	 Jul
 Feb	 Aug
 Mar	 Sep
 Apr	 Oct
 May	 Nov
 Jun	 Dec



## Packaging:

Every fruit is packed individually by PE plastic. 8 kg/foam box.

## Storage Instrument:

Storage mangosteen in cool places (4 – 6°C). Mangosteen can last up to 7 - 9 days.



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# Orange

*Citrus x sinensis*





## Description

Oranges are some of the most popular fruits in the world, and with good reason, due to their versatility and impressive health benefits.

In terms of nutrition, oranges possess roughly 60 calories in a medium-sized fruit, along with nearly 95% of your daily requirement for vitamin C. These fruits also have high levels of fiber, vitamin B, folate, and potassium, as well as other flavonoids, anthocyanins, and polyphenolic compounds, all of which behave as antioxidants in the body. A 60-calorie orange will also have roughly 15 grams of carbohydrates, most of which come from sugars, in addition to a very small amount of protein.

The top benefits of oranges include the following: preventing cancer, lowering cholesterol, preventing kidney disease, improving vision health, skin care, reducing risk of diabetes, treating viral infections

### Nutrition Facts

Serving Size 100gr

Nutrient	Value
Energy	197 kJ (47 kcal)
Carbohydrates	11.75 g
Sugars	9.35 g
Dietary fiber	2.4 g
Fat	0.12 g
Protein	0.94 g
Vitamin A equiv.	11 µg
Thiamine (B1)	0.087 mg
Riboflavin (B2)	0.04 mg
Niacin (B3)	0.282 mg
Pantothenic acid (B5)	0.25 mg
Vitamin B6	0.06 mg
Folate (B9)	30 µg
Choline	8.4 mg
Vitamin C	53.2 mg
Vitamin E	0.18 mg
Calcium	40 mg
Iron	0.1 mg
Magnesium	10 mg
Manganese	0.025 mg
Phosphorus	14 mg
Potassium	181 mg
Zinc	0.07 mg
Water	86.75 g

Source: Wikipedia

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Common Name:  
**Orange**  
Vernacular Name:  
**Sweet orange.**  
Botanical Name:  
**Citrus x sinensis**  
Average Weight:  
**40 gms**

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## Seasonality

 Jan	 Jul
 Feb	 Aug
 Mar	 Sep
 Apr	 Oct
 May	 Nov
 Jun	 Dec



## Packaging:

Every fruit is packed individually by PE plastic. 10 kg/foam box.

## Storage Instrument:

Storage dragon fruit in cool places (4 – 6°C). Dragon fruit can last up to 7 - 9 days.



# Watermelon

*Citrullus lanatus*



## Description

Watermelons are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of potassium. Plus, this quintessential summer snack is fat-free, very low in sodium and has only 40 calories per cup.

Watermelons has many helthy benefits such as help lower the risk of heart disease, has anti-inflammatory properties, help with overall hydration, encourages a healthy digestive tract, Vitamins A of Watermelon helps keep skin and hair moisturized, and it also encourages healthy growth. Like other fruits and vegetables, watermelons may be helpful in reducing the risk of cancer through their antioxidant properties.

### Nutrition Facts

Serving Size 100gr

Nutrient	Value
Energy	127 kJ (30 kcal)
Carbohydrates	7.55 g
Sugars	6.2 g
Dietary fiber	0.4 g
Fat	0.15 g
Protein	0.61 g
Vitamins	
Vitamin A equiv.	28 µg
beta-Carotene	303 µg
Thiamine (B1)	0.033 mg
Riboflavin (B2)	0.021 mg
Niacin (B3)	0.178 mg
Pantothenic acid (B5)	0.221 mg
Vitamin B6	0.045 mg
Choline	4.1 mg
Vitamin C	8.1 mg
Minerals	
Calcium	7 mg
Iron	0.24 mg
Magnesium	10 mg
Manganese	0.038 mg
Phosphorus	11 mg
Potassium	112 mg
Sodium	1 mg
Zinc	0.1 mg
Other constituents	
Water	91.45 g
Lycopene	4532 µg

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# Melon

*Cucumis melo var. cantalupensis*



## Description

Honeydew melon, or honeymelon, is a fruit that belongs to the melon species *cucumis melo* (muskmelon).

The sweet flesh of honeydew is typically light green, while its skin has a white-yellow tone. Its size and shape are similar to that of its relative, the cantaloupe.

Honeydew melon is available worldwide and can be eaten by itself or used in desserts, salads, snacks and soups.

Though its greatest appeal may be its flavor, honeydew is also nutritious and may provide several benefits.

### Nutrition Facts

Serving Size 177gr (1 cup)

Nutrient	Value
Calories	64
Carbs	16 grams
Fiber	1.4 grams
Protein	1 gram
Fat	0 grams
Vitamin C	53% of the reference daily intake (RDI)
Vitamin B6	8% of the RDI
Folate	8% of the RDI
Vitamin K	6% of the RDI
Potassium	12% of the RDI
Magnesium	4% of the RDI



# Mango

*Mangifera indica*



## Description

In some parts of the world, mango (*Mangifera indica*) is called the “king of fruits.”

It’s a drupe, or stone fruit, which means that it has a large seed in the middle.

Mango is native to India and Southeast Asia and has been cultivated for over 4,000 years. There are hundreds of types of mango, each with a unique taste, shape, size and color.

This fruit is not only delicious but also boasts an impressive nutritional profile.

In fact, studies link mango and its nutrients to health benefits, such as improved immunity, digestive health and eyesight, as well as a lower risk of certain cancers.



## Nutrition Facts

Serving Size 165gr

Nutrient	Value
Calories	99
Protein	1.4 grams
Carbs	24.7 grams
Fat	0.6 grams
Dietary fiber	2.6 grams
Vitamin C	67% of the Reference Daily Intake (RDI)
Copper	20% of the RDI
Folate	18% of the RDI
Vitamin B6	11.6% of the RDI
Vitamin A	10% of the RDI
Vitamin E	9.7% of the RDI
Vitamin B5	6.5% of the RDI
Vitamin K	6% of the RDI
Niacin	7% of the RDI
Potassium	6% of the RDI
Riboflavin	5% of the RDI
Manganese	4.5% of the RDI
Thiamine	4% of the RDI
Magnesium	4% of the RDI



# Lemon

*Citrus × limon*





## Description

Lemons (*Citrus limon*) are among the world's most popular citrus fruits. They grow on lemon trees and are a hybrid of the original citron and lime. There are many ways to enjoy lemons, but they taste very sour and are usually not eaten alone or as a whole fruit. Instead, they're often a garnish with meals, and their juice is often used to provide a sour flavor. They are a key ingredient in lemonade.

A great source of vitamin C and fiber, lemons contain many plant compounds, minerals, and essential oils.

These yellow fruits also have many potential health benefits. Eating lemons may lower your risk of heart disease, cancer, and kidney stones.



## Nutrition Facts

Serving Size 165gr

Nutrient	Value
Calories	29
Water	89%
Protein	1.1 grams
Carbs	9.3 grams
Sugar	2.5 grams
Fiber	2.8 grams
Fat	0.3 grams

# Avocado

*Persea americana*



## Description

Avocados are a stone fruit with a creamy texture that grow in warm climates. Their potential health benefits include improving digestion, decreasing risk of depression, and protection against cancer.

Also known as an alligator pear or butter fruit, the versatile avocado is the only fruit that provides a substantial amount of healthy monounsaturated fatty acids (MUFA). Avocados are a naturally nutrient-dense food and contain nearly 20 vitamins and minerals.

### Nutrition Facts

Serving Size 165gr

Nutrient	Value
Calories	160
Total Fat 15 g	23%
Saturated fat 2.1 g	10%
Polyunsaturated fat 1.8 g	
Monounsaturated fat 10 g	
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Potassium 485 mg	13%
Total Carbohydrate 9 g	3%
Dietary fiber 7 g	28%
Sugar 0.7 g	
Protein 2 g	4%
Vitamin A	2%
Calcium	1%
Vitamin D	0%
Cobalamin	0%
Vitamin C	16%
Iron	3%
Vitamin B-6	15%
Magnesium	7%

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# White Cabbage

*Brassica oleracea var. capitata*



## Description

The cabbage is a vegetable highly appreciated in the traditional cooking of many countries, since it is known from very old and is supposed to have diverse healing properties. They have spreaded worldwide, and at present they are consumed in multiple ways, although they are usually cooked. The head is formed when the leaves press together onto the plant's main bud.

Cabbages are recommended in hypocaloric diets, since they are rich in fibre and low in calories. Furthermore, they are an important source of vitamins and minerals, and they are considered to be anticarcinogenic.



## Nutrition Facts

Serving Size 165gr

Nutrient	Value
Calories	22
Protein	1 gram
Fiber	2 grams
Vitamin K	85% of the RDI
Vitamin C	54% of the RDI
Folate	10% of the RDI
Manganese	7% of the RDI
Vitamin B6	6% of the RDI
Calcium	4% of the RDI
Potassium	4% of the RDI
Magnesium	3% of the RDI



# Papaya

*Carica papaya*



## Description

The papaya is an incredibly healthy tropical fruit. It's loaded with antioxidants that can reduce inflammation, fight disease and help keep you looking young.

Papaya contains an enzyme called papain, which can break down the tough protein chains found in muscle meat. Because of this, people have used papaya to tenderize meat for thousands of years.

Studies note that fermented papaya can reduce oxidative stress in older adults and people with prediabetes, mild hypothyroidism and liver disease.

Research also suggests that the lycopene in papaya can reduce cancer risk and also be beneficial for people who are being treated for cancer.

The papain enzyme in papaya can make protein easier to digest. People in the tropics consider papaya to be a remedy for constipation and other symptoms of irritable bowel syndrome (IBS). In one study, people who took a papaya-based formula for 40 days had significant improvement in constipation and bloating



## Nutrition Facts

Serving Size 165gr

Nutrient	Value
Calories	59
Carbohydrates	15 grams
Fiber	3 grams
Protein	1 gram
Vitamin C	157% of the RDI
Vitamin A	33% of the RDI
Folate (vitamin B9)	14% of the RDI
Potassium	11% of the RDI

Trace amounts of calcium, magnesium and vitamins B1, B3, B5, E and K.





# Jícama

*Pachyrhizus erosus*



## Description

Jicama is a globe-shaped root vegetable with papery, golden-brown skin and a starchy white interior. It's the root of a plant that produces beans similar to lima beans. However, the beans of the jicama plant are toxic.

Originally grown in Mexico, jicama eventually spread to the Philippines and Asia. It requires a long growing season with no frost, so it thrives in locales that are warm year-round.

Its flesh is juicy and crunchy, with a slightly sweet and nutty flavor. Some think it tastes like a cross between a potato and a pear. Others compare it to a water chestnut.

Other names for jicama include yam bean, Mexican potato, Mexican water chestnut and Chinese turnip.

Jicama has an impressive nutrient profile. Most of its calories come from carbs. The rest are from very small amounts of protein and fat. Jicama contains many important vitamins and minerals, as well as a significant amount of fiber.



## Nutrition Facts

Serving Size 130gr (1 cup)

Nutrient	Value
Calories	49
Carbs	12 grams
Protein	1 gram
Fat	0.1 gram
Fiber	6.4 grams
Vitamin C	44% of the RDI
Folate	4% of the RDI
Iron	4% of the RDI
Magnesium	4% of the RDI
Potassium	6% of the RDI
Manganese	4% of the RDI



# Sweet Potato

*Ipomoea batatas*



## Description

Sweet potatoes are sweet, starchy root vegetables that are grown worldwide. They come in a variety of sizes and colors — including orange, white, and purple — and are rich in vitamins, minerals, antioxidants, and fiber. Not to mention, they provide a number of health benefits and are easy to add to your diet.

Sweet potatoes — especially the orange and purple varieties — are rich in antioxidants that protect your body from free radicals. They also contain fiber and antioxidants that promote the growth of good gut bacteria and contribute to a healthy gut.

Anthocyanins — a group of antioxidants found in purple sweet potatoes — have been found to slow the growth of certain types of cancer cells in test-tube studies, including those of the bladder, colon, stomach, and breast.

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## Nutrition Facts

Serving Size 200gr (1 cup)

Nutrient	Value
Calories	180
Carbs	41.4 grams
Protein	4 grams
Fat	0.3 grams
Fiber	6.6 grams
Vitamin A	769% of the Daily Value (DV)
Vitamin C	65% of the DV
Manganese	50% of the DV
Vitamin B6	29% of the DV
Potassium	27% of the DV
Pantothenic acid	18% of the DV
Copper	16% of the DV
Niacin	15% of the DV

# Empon-Empon (Medical Herb)



## Description

Empon-empon is a group of herbs root like ginger, turmeric, galangal which has been known as traditional medicine for generations. It is believed the herbs are helpful in gaining stamina and reducing risk of getting sick.

Ginger for example, can stimulate the digestive glands, arouse appetite. In addition, its essential oils have benefits for pain relief, anti-inflammatory and anti-bacterial.

Ginger is also usually used as a natural antioxidant. The extract can be useful for the treatment of stomach pain, liver problems, diarrhea, fever in children and skin diseases.

Turmeric is useful to relieve pain and deal with infections. Then there is also white turmeric or white Intersection, this spice extract is commonly used for dermatosis disorders, stomach ailments, diarrhea and others.

Mixed with others root herbs as Empon-Empon, the healthy benefits as follows:

- Contains strong bioactive compounds, making it suitable as a medicinal ingredient.
- Work as a natural anti-inflammatory or anti-inflammatory compound.
- Increases anti-oxidant capacity in the body.
- Increases neurotrophic factors in the brain, which are associated with better brain function and lower risk of disease.
- Reduces the risk of heart disease
- Helps prevent (and even treat) cancer
- Helpful in preventing and treating Alzheimer's disease Curcumin supplement (based on empon-empon), suitable for Arthritis patients Studies show that curcumin has amazing benefits against depression
- Delaying aging and combating age-related chronic diseases



# Apple

*Malus domestica*



## Description

Apples are among the world's most popular fruits. They grow on the apple tree (*Malus domestica*), originally from Central Asia.

Apples are high in fiber, vitamin C, and various antioxidants. They are also very filling, considering their low calorie count. Studies show that eating apples can have multiple benefits for your health. Usually eaten raw, apples can also be used in various recipes, juices, and drinks. Various types abound, with a variety of colors and sizes.

Apples are mainly composed of carbs and water. They're rich in simple sugars, such as fructose, sucrose, and glucose. Despite their high carb and sugar contents, their glycemic index (GI) is low, ranging 29–44.

Two properties of apples — their high fiber and low calorie contents — make them a weight-loss-friendly food. Thus, eating apples may reduce your daily calorie intake and promote long-term weight loss.

Some evidence suggests that eating apples can help lower blood sugar levels and protect against diabetes. Some of the antioxidants in apples may also slow down your digestion and absorption of sugars. In one study in 38,018 women, eating 1 or more apples per day was linked to a 28% lower risk of developing type 2 diabetes.



## Nutrition Facts

Serving Size 100gr

Nutrient	Value
Calories	52
Water	86%
Protein	0.3 grams
Carbs	13.8 grams
Sugar	10.4 grams
Fiber	2.4 grams
Fat	0.2 grams





# White Guava

*Psidium guajava*



## Description

Guavas are tropical trees originating in Central America. Their fruits are oval in shape with light green or yellow skin and contain edible seeds. What's more, guava leaves are used as an herbal tea and the leaf extract as a supplement. Guava fruits are amazingly rich in antioxidants, vitamin C, potassium, and fiber. This remarkable nutrient content gives them many health benefits.

Many scientists believe that the high levels of antioxidants and vitamins in guava leaves may help protect your heart from damage by free radicals. The higher levels of potassium and soluble fiber in guavas are also thought to contribute to improved heart health. Additionally, guava leaf extract has been linked to lower blood pressure, a decrease in "bad" LDL cholesterol, and a rise in "good" HDL cholesterol.

Guavas are an excellent source of dietary fiber. Therefore, eating more guavas may aid healthy bowel movements and prevent constipation. Just one guava can provide 12% of your recommended daily intake of fiber. Additionally, guava leaf extract may benefit digestive health. Studies suggest that it may reduce the intensity and duration of diarrhea

### Nutrition Facts

Serving Size 100gr

Nutrient	Value
Calories	112
Fat	1.6g
Sodium	3.3mg
Carbohydrates	23.6g
Fiber	8.9g
Sugars	14.7g
Protein	4.2g

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# Pink/Red Guava

*Psidium guajava*



## Description

Guavas are tropical trees originating in Central America. Their fruits are oval in shape with light green or yellow skin and contain edible seeds. What's more, guava leaves are used as an herbal tea and the leaf extract as a supplement. Guava fruits are amazingly rich in antioxidants, vitamin C, potassium, and fiber. This remarkable nutrient content gives them many health benefits.

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### Nutrition Facts

Serving Size 100gr

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Calories	112
Fat	1.6g
Sodium	3.3mg
Carbohydrates	23.6g
Fiber	8.9g
Sugars	14.7g
Protein	4.2g

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# Pineapple

*Ananas comosus*



## Description

Pineapple (*Ananas comosus*) is an incredibly delicious and healthy tropical fruit. It originated in South America, where early European explorers named it after its resemblance to a pinecone.

This popular fruit is packed with nutrients, antioxidants and other helpful compounds, such as enzymes that can fight inflammation and disease.

Pineapple and its compounds have been linked to many health benefits, including aiding digestion, boosting immunity and speeding up recovery from surgery, among others.

Pineapples are a good source of antioxidants, which may reduce the risk of chronic diseases such as heart disease, diabetes and certain cancers. Many of the antioxidants in pineapple are bound, so they may have longer lasting effects.

Pineapples contain bromelain, a group of digestive enzymes that breaks down proteins. This may aid digestion, especially in those with pancreatic insufficiency.

### Nutrition Facts

Serving Size 165gr (1 cup)

Nutrient	Value
Calories	82.5
Fat	1.7 grams
Protein	1 gram
Carbs	21.6 grams
Fiber	2.3 grams
Vitamin C	131% of the RDI
Manganese	76% of the RDI
Vitamin B6	9% of the RDI
Copper	9% of the RDI
Thiamin	9% of the RDI
Folate	7% of the RDI
Potassium	5% of the RDI
Magnesium	5% of the RDI
Niacin	4% of the RDI
Pantothenic acid	4% of the RDI
Riboflavin	3% of the RDI
Iron	3% of the RDI



# Strawberry

*Fragaria × ananassa*



## Description

Pineapple (*Ananas comosus*) is an incredibly delicious and healthy tropical fruit. It originated in South America, where early European explorers named it after its resemblance to a pinecone.

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Pineapples contain bromelain, a group of digestive enzymes that breaks down proteins. This may aid digestion, especially in those with pancreatic insufficiency.

### Nutrition Facts

Serving Size 165gr (1 cup)

Nutrient	Value
Calories	288 Kcal
Fat	0.06 g
Protein	0.06 g
Carbs	12.65 g
Fiber	0.0 g
Vitamin C	0 mg
Manganese	
Vitamin B6	
Copper	
Thiamin	
Folate	
Potassium	
Magnesium	
Niacin	
Pantothenic acid	
Riboflavin	
Iron	

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# Vanilla Bean

*Vanilla planifolia*



## Description

Natural vanilla extract is made from the pods of the vanilla plant, commonly found in tropical areas of the world, and is widely used to flavor foods and beverages. It is also used in medicines and fragrances.

Traditional practices around the world have found a number of wide-ranging therapeutic uses for vanilla, including as an aphrodisiac and to aid with gas relief. Studies have shown that both the flavor and aroma of vanilla can offer some health benefits.

Because vanilla has fewer calories and carbohydrates than sugar, it can be used to reduce your sugar intake. Using vanilla as a sugar substitute also can reduce high blood glucose levels and help you lead a more heart-healthy lifestyle.

Smelling vanilla can have calming effects on adults too. It can reduce startle reflexes and also provide some relief from sleep apnea, a sleep disorder in which breathing repeatedly stops and starts.

### Nutrition Facts

Nutritional value per 100 g.

Energy 288 Kcal

Carbohydrates 12.65 g

Protein 0.06 g

Total Fat 0.06 g

Cholesterol 0 mg

Dietary Fiber 0.0 g

#### Vitamins

Folates 0 mcg

Niacin 0.425 mg

Pantothenic acid 0.035 mg

Pyridoxine 0.026 mg

Riboflavin 0.095 mg

Vitamin A 0 IU

Vitamin C 0 mg

#### Electrolytes

Sodium 9 mg

Potassium 148 mg

#### Minerals

Calcium 11 mg

Copper 0.072 mg

Iron 0.12 mg

Magnesium 12 mg

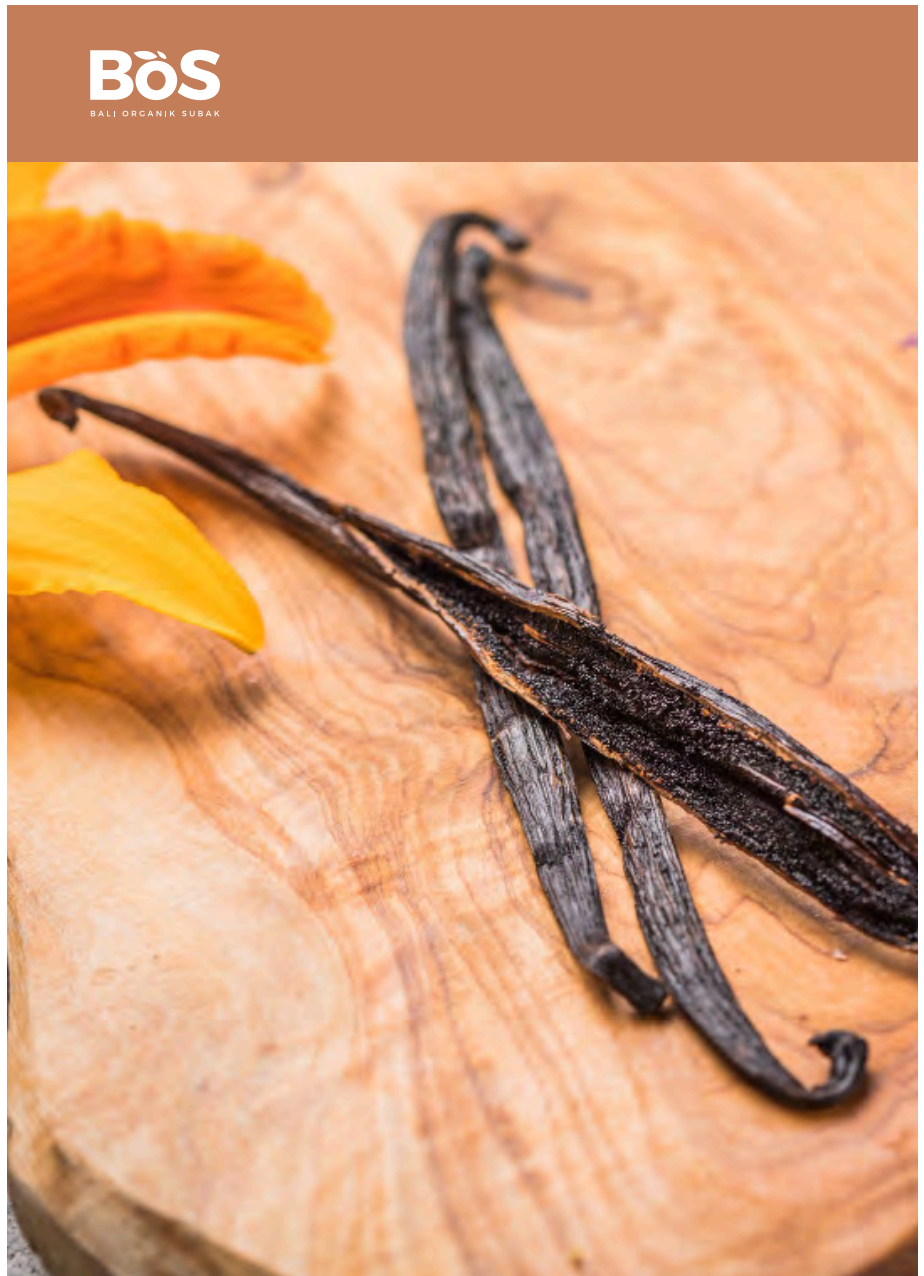
Manganese 0.230 mg

Phosphorus 6 mg

Selenium 0.0 mcg

Zinc 0.11 mg

<https://www.nutrition-and-you.com/vanilla-beans.html>



# Ginger Powder

*Zingiber officinale*



## Description

Ginger is loaded with antioxidants, compounds that prevent stress and damage to your body's DNA. They may help your body fight off chronic diseases like high blood pressure, heart disease, and diseases of the lungs, plus promote healthy aging.

A daily dose of ginger may help you battle your "bad" or LDL cholesterol levels. In a recent study, taking 5 grams of ginger a day for 3 months lowered people's LDL cholesterol an average of 30 points.

Ginger is an anti-inflammatory, which means it reduces swelling. That may be especially helpful for treating symptoms of both rheumatoid arthritis and osteoarthritis. You might get relief from pain and swelling either by taking ginger by mouth or by using a ginger compress or patch on your skin.

### Nutrition Facts

Serving Size 165gr (1 cup)

Energy	80 Kcal
Carbohydrates	17.77 g
Protein	1.82 g
Total Fat	0.75 g
Cholesterol	0 mg
Dietary Fiber	2.0 g
<b>Vitamins</b>	
Folates	11 µg
Niacin	0.750 mg
Pantothenic acid	0.203 mg
Pyridoxine	0.160 mg
Vitamin A	0 IU
Vitamin C	5 mg
Vitamin E	0.26 mg
Vitamin K	0.1 µg
<b>Electrolytes</b>	
Sodium	13 mg
Potassium	415 mg
<b>Minerals</b>	
Calcium	16 mg
Copper	0.226 mg
Iron	0.60 mg
Magnesium	43 mg
Manganese	0.229 mg
Phosphorus	34 mg
Zinc	0.34 mg

<https://www.nutrition-and-you.com/ginger-root.html>

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# Turmeric Powder

*Terra Merita*



## Description

Turmeric is the spice that gives curry its yellow color.

Turmeric has been in use since antiquity for its anti-inflammatory (pain-killer), carminative, anti-flatulent and anti-microbial properties.

The herb contains health benefiting essential oils such as turmerone, zingiberene, cineole, and p-cymene.

Curcumin, a polyphenolic compound in the root, is the primary pigment that imparts deep orange color to the turmeric.

This traditional herb does not contain any cholesterol; however, it is rich in antioxidants and dietary fiber, which helps to control blood LDL or “bad cholesterol” levels.

### Nutrition Facts

Serving Size 100 grams

Energy	354 Kcal
Carbohydrates	64.9 g
Protein	7.83 g
Total Fat	9.88 g
Cholesterol	0 mg
Dietary Fiber	21 g
<b>Vitamins</b>	
Folates	39 µg
Niacin	5.140 mg
Pyridoxine	1.80 mg
Riboflavin	0.233 mg
Vitamin A	0 IU
Vitamin C	25.9 mg
Vitamin E	3.10 mg
Vitamin K	13.4 µg
<b>Electrolytes</b>	
Sodium	38 mg
Potassium	2525 mg
<b>Minerals</b>	
Calcium	183 mg
Copper	603 µg
Iron	41.42 mg
Magnesium	193 mg
Manganese	7.83 mg
Phosphorus	268 mg
Zinc	4.35 mg

<https://www.nutrition-and-you.com/turmeric.html>

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# Dried Fruit



## Description

Dried fruit is highly nutritious.

One piece of dried fruit contains about the same amount of nutrients as the fresh fruit, but condensed in a much smaller package.

By weight, dried fruit contains up to 3.5 times the fiber, vitamins and minerals of fresh fruit.

Therefore, one serving can provide a large percentage of the daily recommended intake of many vitamins and minerals, such as folate.

Dried fruit generally contains a lot of fiber and is a great source of antioxidants, especially polyphenols.

Polyphenol antioxidants are associated with health benefits such as improved blood flow, better digestive health, decreased oxidative damage and reduced risk of many diseases





# Coffee Bean



## Description

Coffee is one of the world's most popular beverages.

Thanks to its high levels of antioxidants and beneficial nutrients, it also seems to be quite healthy.

Studies show that coffee drinkers have a much lower risk of several serious diseases.

Many controlled studies in humans show that coffee improves various aspects of brain function — including memory, mood, vigilance, energy levels, reaction times and general mental function.

Studies observe that people who drink the most coffee have a 23–50% lower risk of getting this disease. One study showed a reduction as high as 67%.

### Nutrition Facts

Nutritive Value per 100 g.

Calories	284	
Calories from Fat	138	
		% Daily Value*
Total Fat 15.4g	24%	
Saturated Fat 3.2g	16%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 74mg	3%	
Potassium 2,020mg	58%	
Total Carbohydrate 25.9g	9%	
Dietary Fiber 19.8g	79%	
Sugars 0g		
Protein 10.4g	21%	
Vitamin A 0%	Vitamin C 0%	
Calcium 12%	Iron 23%	
Thiamin 5%	Riboflavin 12%	
Niacin 75%	Magnesium 60%	
Phosphorus 16%	Zinc 5%	
Copper 78%		

<https://www.fitbit.com/foods/Coffee+Bean+Roasted+Ground/29670>

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# Cocoa Bean



## Description

The beans carry high calories because of their high-fat content. Cocoa solids, a byproduct of cocoa mass after extracting cocoa butter, on the other hand, is very low in calories.

Cocoa has phenolic antioxidants like catechins, anthocyanidins, and pro-anthocyanidins. Research studies suggest that these chemical compounds, by virtue of their antioxidant properties, work against cancers, inflammation, aging, and viral infections.

Its solid-extracts carry good amounts of B-complex groups of vitamins such as niacin, pantothenic acid, thiamin, riboflavin and vitamin B-6. These vitamins help in enzyme synthesis, nervous system function and regulating body metabolism.

### Nutrition Facts

Nutritive Value per 100 g.

Energy	228 Kcal
Sugars	1.75 g
Protein	19.60 g
Total Fat	13.70 g
Cholesterol	0 mg
Dietary Fiber	37 g
<b>Vitamins</b>	
Folates	32 mcg
Niacin	2.185 mg
Pantothenic acid	0.254 mg
Pyridoxine	0.118 mg
Riboflavin	0.241 mg
Vitamin A	0 IU
Vitamin C	0 mg
<b>Electrolytes</b>	
<b>Sodium</b>	21 mg
Potassium	1524 mg
<b>Minerals</b>	
<b>Calcium</b>	128 mg
Copper	3.837 mg
Iron	13.86 mg
Magnesium	499 mg
Manganese	3.837 mg
Phosphorus	734 mg
Selenium	14.3 mcg
Zinc	6.81 mg

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# At BOS, we always put quality in the first place



All of our products are checked comprehensively to comply the export quality standard. Take a look at our quality control process below.



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