



Trusted By Millions of Families

**HealthyHerbs™**  
Herbs, Dryfruits n More...

**fssai**

Lic No.13320001000620



Healthy Herbs is the top most leading brand in the market knowing for Herbs, Spices and Dry Fruits as well. We have the 100% pure quality of Herbs and Spices which gives you the happiness in your life. "The secret of happiness is variety, but the secret of variety, like the secret of all spices, herbs and dry fruits is knowing when to use it." We always seek our clients happiness, what they exactly want to take these healthy herbs products and we are sure to satisfy our clients to give them best quality of Herbs, Spices and Healthy Herbs.



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Why Choose **HealthyHerbs™**  
Herbs, Dryfruits n More...



**Quality Products**



**Satisfied Clients**



**Best Price**



**High Purity**





# CLASSIC Dates



Phoenix doctylifera, commonly known as date or date palm, is a flowering plant species in the palm family, Arecaceae, cultivated for its edible sweet fruit. Dates should be consumed daily to boost immunity. Four to six dates are sufficient to lose weight. Mejdool, Deglet Noor and California dates are the best, if you are looking at losing weight. Dates may fire up your Metabolism, Stabilise your Body with Sugar and help to produce Vital Melatonin.

## Nutrition Facts

Serving Size 100 grams

Amount Per Serving Approx.

Calories 379    Calories from fat 311

% Daily Value

**Total Fat. 35g**    53%

**Saturated Fat 13g**    67%

**Trans Fat**

**Cholesterol 120mg**    40%

**Sodium 680mg**    28%

**Total Carbohydrate 1g**    0%

**Dietary Fiber 0g**    0%

**Sugar 1g**

**Protein 15g**

**Vitamin A**    0%    **Vitamin C**    0%

**Calcium**    1%    **Iron**    36%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# FRESH Raisins



## Nutrition Facts

Serving Size 100 grams

Amount Per Serving Approx.	
Calories 100	Calories from fat 35
% Daily Value	
<b>Total Fat. 0.5g</b>	<b>1%</b>
<b>Saturated Fat 0.2g</b>	<b>1%</b>
<b>Sodium 28mg</b>	<b>1%</b>
<b>Cholesterol 78mg</b>	<b>28%</b>
<b>Dietary Fiber 6.8mg</b>	<b>24%</b>
<b>Protein 2.5g</b>	<b>5%</b>

Vitamin D 0.00mcg 0% Potassium 825 18%  
Calcium 28.00mg 1% Iron 2.59mg 14%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Fresh Raisin is a Dried Grapes and produced in many regions of the World. Raisin maybe eaten as Raw or used in cooking, Baking and Drawing Despite their small size, Raisins are packed with Energy and Rich in Fiber, Vitamins, and Minerals. Raisins are naturally sweet and high in Sugar and Calories, but they're beneficial to our Health. It can aid Digestion, Boost Iron levels, and keep your Bones Strong.



# DELICIOUS Cashews



Our exquisite Cashews are the best choice to make any simple dish look and taste rich and appetizing. They are nutritionally dense nuts that aid in a healthy heart, strong nerve and oral health. They are popularly used in Indian cuisine in curries, desserts and prove to be a delectable and wholesome snack when eaten raw.

## Nutrition Facts

Serving Size 100 grams

Amount Per Serving Approx.

**Calories** **553**

% Daily Value

**Total Fat. 44g** **56%**

**Saturated Fat 7.8g** **39%**

**Sodium 12mg** **1%**

**Total Carbohydrate 30g** **11%**

**Dietary Fiber 3.3g** **12%**

**Sugar 5.9g**

**Protein 18g** **36%**

Vitamin D 0% Potassium 660mg 14%  
Calcium 37.00mg 3% Iron 6.68mg 37%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# CALIFORNIA *Almonds*



One of the healthiest and most versatile nuts, the Almond, is known for its several nutritional benefits and culinary uses. They are little powerhouses of Fiber, Protein, Vitamin E, Antioxidants and Minerals. You can soak them, roast them, top off your cereals, salads and yogurts with them or simply eat them raw. They are delicious in every way!

## Nutrition Facts

Serving Size 100 grams

Amount Per Serving Approx.

**Calories** **579**

% Daily Value

<b>Total Fat. 50g</b>	<b>64%</b>
<b>Saturated Fat 7.8g</b>	<b>19%</b>
<b>Sodium 12mg</b>	<b>0%</b>
<b>Total Carbohydrate 30g</b>	<b>8%</b>
<b>Dietary Fiber 3.3g</b>	<b>46%</b>
<b>Sugar 5.9g</b>	
<b>Protein 18g</b>	<b>42%</b>

Vitamin D 0.00mcg 0% Potassium 733mg 14%  
Calcium 269.00mg 3% Iron 3.71mg 37%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.





# NUTRITIOUS *Walnuts*



Our special Walnuts are Rich in Antioxidants, these are super plant of Source for Omega-3s. These may Decrease Inflammation from your Body. It Promotes a Healthy Gut, reduce Risk Factor of some Cancers, Support Weight Control. Walnuts may Help you to Lower Blood Pressure.

## Nutrition Facts

Serving Size 100 grams

Amount Per Serving Approx.

**Calories 654**

% Daily Value

<b>Total Fat. 65g</b>	<b>100%</b>
<b>Saturated Fat 6.1g</b>	<b>31%</b>
<b>Polyunsaturated Fat 47g</b>	
<b>Monounsaturated Fat 8.9g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 2mg</b>	<b>0%</b>
<b>Potassium 441mg</b>	<b>13%</b>
<b>Total Carbohydrate 14g</b>	<b>5%</b>
<b>Dietary Fiber 6.7g</b>	<b>27%</b>
<b>Sugar 2.6g</b>	
<b>Protein 15g</b>	

Vitamin A	0.4%	Vitamin C	2.2%
Calcium	7.5%	Iron	16%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.





# PREMIUM *Pistachios*



## Nutrition Facts

Serving Size 100 grams

Amount Per Serving Approx.

Calories 100    Calories from fat 35

% Daily Value

**Total Fat. 45g**    **58%**

**Saturated Fat 5.9g**    **30%**

**Sodium 1mg**    **0%**

**Total Carbohydrate 27g**    **10%**

**Dietary Fiber 11g**    **39%**

**Sugar 7.7g**

**Protein 20g**    **40%**

Vitamin D 0.00mcg    0%    Potassium 1025mg    22%  
Calcium 105.00mg    8%    Iron 3.92mg    22%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Our Pure & Natural Pistachios are one of the lowest calorie nuts, which helps you to enjoy the health benefits in many ways. Pistachios may be especially beneficial for those who wish to lose weight. Nuts and seeds contain several antioxidant compounds, but pistachios may have higher levels of some antioxidants than other nuts.



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*Shipping anywhere in the world on prepayment*

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[www.healthyherbs.co.in](http://www.healthyherbs.co.in)

**Location**

