



Comes to You from Spice Gardens of Sri Lanka

éconutrena
SPICES

BEST QUALITY SPICE EVER

Known as the Spice Island, Sri Lanka was historically attractive to the Western nations for its spice riches

Company Profile

Jaindi Export (Pvt.) Ltd. is a well reputed, whole range of spices and whole range of coconut kernel based products manufacturers and exporters incorporated in 2003 at Mawathagama, Dankotuwa in Sri Lanka.

Our Vision

Is to provide the best natural spices products to make comfort your life style processing the delicious products rich in nutrients with no additives achieving global customer satisfaction and produce high quality products protecting the natural nutritional compositions while following the environmental friendly manufacturing process.

100% Organic

We are playing a major role in Organic food industry as a farmer, processor and exporter of quality products while fulfilling the requirements of buying partners. We assure you that our products are 100% organic because we maintain the estates from where we take spices and ensure you the organic quality from the beginning of the seedling to the final stage.



A close-up photograph of a wooden spoon filled with finely ground black pepper. The spoon is resting on a light-colored, textured burlap surface. Several whole black peppercorns are scattered around the spoon, some in the foreground and some in the background. The lighting is soft, highlighting the texture of the pepper and the burlap.

Black Pepper



BLACK PEPPER

Salt's partner on Western tables & world's most traded spice

Black pepper (*Piper nigrum*) is a flowering vine in the family Piperaceae, cultivated for its fruit, which is usually dried and used as a spice and seasoning. Dried ground pepper has been used since antiquity for both its flavor and as a traditional medicine.

Health Benefits of Black Pepper

- Good for the Stomach
- Weight Loss
- Skin Health
- Antibacterial Quality



Nutrition Facts			
Black Pepper 4 oz			
Serving Size 1 g			
Amount Per Serving			
Calories 5	Calories from Fat 0		
	% Daily	Value*	
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 2mg	0%		
Total Carbohydrates 0g	0%		
Dietary Fibre 1g	4%		
Protein 0g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 4%	
Zinc 0%	•	Thiamin 0%	
Riboflavin 0%	•	Niacin 0%	
Vitamin B-6 0%	•	Folate 0%	
Vitamin B-12 0%	•	Phosphorus 0%	
Magnesium 0%	•	Vitamin D 0%	

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





WHITE PEPPER



Amazing health benefits ever

White pepper (*Piper nigrum*) is a flowering vine in the family Piperaceae. Black and white peppercorns are both the fruit of the pepper plant, but they are processed differently. Black peppercorns are picked when almost ripe and sun-dried, turning the outer layer black.



Nutrition Facts		
WHITE PEPPER 4 oz Serving Size 1 g		
Amount Per Serving		
Calories 5	Calories from Fat 0	
	% Daily	Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 2mg		0%
Total Carbohydrates 0g		0%
Dietary Fibre 1g		4%
Protein 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 4%	
Zinc 0%	Thiamin 0%	
Riboflavin 0%	Niacin 0%	
Vitamin B-6 0%	Folate 0%	
Vitamin B-12 0%	Phosphorus 0%	
Magnesium 0%	Vitamin D 0%	

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

Health Benefits of White Pepper

- Pain Relieving
- Arthritis Aid
- Weight Loss
- Cancer Cure





Cardamom



CARDAMOM

Ideal spice with many health benefits

Cardamom is a seed pod, known for centuries for its culinary and medicinal properties. This aromatic spice is native to the evergreen rain forest of southern Indian Kerala state and grown in only a few tropical countries.

Health Benefits of Cardamom

- Anti-Carcinogenic Properties
- Good for Cardiovascular Health
- Control of Cholesterol
- Anti-Depressant

Nutrition Facts		
Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories 5	Calories from Fat 0	
	% Daily	Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		1%
Cholesterol 1mg		0%
Total Carbohydrate 6g		2%
Dietary Fiber 1g		4%
Sugars 4g		
Protein 2g		
Vitamin A	0%	Vitamin C 1%
Calcium	8%	Iron 2%

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





Cinnamon



LK-BIO-149
SRI LANKA
AGRICULTURE

CINNAMON

Highly delicious spice ever

Cinnamon spice is one of the highly prized items that has been in use since biblical times for its fragrance, medicinal and culinary properties. This delightfully exotic, sweet-flavored spice traditionally obtained from the inner brown bark of *Cinnamomum* trees which when dried rolls into a tubular-sticks, known commercially as "quill."

One tablespoon of ground cinnamon contains:

- 19 calories
- 0 grams of fat, sugar, or protein
- 4 grams of fiber
- 68% manganese
- 8% calcium
- 4% iron
- 3% Vitamin K



Nutrition Facts			
Cinnamon Sticks 4 oz			
Amount Per Serving			
Calories 5	Calories from Fat 0		
	% Daily	Value*	
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 0mg	0%		
Total Carbohydrates 2g	1%		
Dietary Fibre 1g	4%		
Protein 0g	0%		
Vitamin A 0%	Vitamin C 0%		
Calcium 4%	Iron 6%		
Zinc 0%	Thiamin 0%		
Riboflavin 0%	Niacin 0%		
Vitamin B-6 0%	Folate 0%		
Vitamin B-12 0%	Phosphorus 0%		
Magnesium 0%	Vitamin D 0%		

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

Health Benefits of Cinnamon

- High Source of Antioxidants
- Contains Anti-inflammatory Properties
- Protects Heart Health
- Fights Diabetes



Turmeric





TURMERIC

Symbol of purity, prosperity and fertility

Turmeric powder is a bright yellow powder made by dry grinding of mature turmeric rhizomes. The use of turmeric for coloring & flavoring food, for cosmetic purposes and for medicinal properties. Turmeric is highly therapeutic and is used in various drugs and pharmaceuticals mainly because of its immunity boosting and anti-oxidant properties. This spice has almost no calories and zero cholesterol. It is rich in dietary fiber, Iron, Potassium, magnesium & vitamin B6.

Health Benefits of Turmeric

- Boosts Immunity
- Protects Against Certain Liver Diseases
- Controls Development of Type 2 Diabetes
- Helps Promote Weight Loss



Nutrition Facts			
Turmeric Powder 8 oz			
Serving Size 6 g			
Amount Per Serving			
Calories 24	Calories from Fat 6		
		% Daily	Value*
Total Fat	0g		1%
Saturated Fat	0g		1%
Trans Fat			
Cholesterol	0mg		0%
Sodium	3mg		0%
Total Carbohydrates	4g		1%
Dietary Fibre	1g		6%
Sugar	0g		
Protein	0g		
Vitamin A	0%	Vitamin C	3%
Calcium	1%	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.



A photograph of ginger root and slices on a dark wooden surface. The ginger root is light brown with a rough, knobby texture. One piece is cut lengthwise, revealing a bright yellow interior. Several thin, diagonal slices are stacked in the foreground. The word "Ginger" is written in a white, elegant cursive script across the lower left portion of the image.

Ginger



GINGER

The Healthiest and Most Delicious Spices on the Planet

Ginger has a long history of use for relieving digestive problems such as nausea, loss of appetite, motion sickness and pain. The root or underground stem (rhizome) of the ginger plant can be consumed fresh, powdered, dried as a spice, in oil form or as juice.

Health Benefits of Ginger

- Helps Calm Nausea and Vomiting
- Digestive Tract Protection
- Brain Health
- Supports Stable Blood Sugar



Nutrition Facts			
Serving Size 2/3 (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 72	
		% Daily	Value*
Total Fat 8g			12%
Saturated Fat 0g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A	10% •	Vitamin C	8%
Calcium	20% •	Iron	45%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	80g	80g
Sat Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		375g	375g
Dietary Fiber		30g	30g



Clove



CLOVE

Accompanied by an incredible variety of traditionally-recognized nutrients

Cloves are one of the highly prized spices, widely recognized all over the world for their medicinal and culinary qualities. The spices actually are the "flower buds" from evergreen rain-forest tree. Cloves are high in vitamins, minerals and fiber. However, the component responsible for clove's powerful effects and odor is a substance called eugenol.

Health Benefits of Clove

- Antioxidant Properties
- Nausea and vomiting
- Cough and breath
- Treats and Removes Acne

Nutrition Facts			
Clove 4 oz			
Serving Size 6 g			
Amount Per Serving			
Calories 21	Calories from Fat 11		
		% Daily	Value*
Total Fat	1g		2%
Saturated Fat	0g		2%
Trans Fat			
Cholesterol	0mg		0%
Sodium	16mg		1%
Total Carbohydrates	4g		1%
Dietary Fibre	2g		9%
Sugar	0g		
Protein	0g		
Vitamin A	1%	Vitamin C	9%
Calcium	4%	Iron	3%

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Nutmeg



NUTMEG

Well- liked spice all over the world

Nutmeg is a delicate, slightly sweet spice that is widely used in cuisines around the world, including both Asian and western recipes.

Health Benefits of Nutmeg

- Pain Relief
- Digestive Health
- Brain Health
- Blood Pressure and Circulation



Nutrition Facts		
Serving Size 1/2 Cup (82g)		
Serving Per Container 4		
Amount Per Serving		
Calories 200	Calories from Fat 110	
	% Daily	Value*
Total Fat 12g	18%	
Saturated Fat 7g	35%	
Trans Fat 0g		
Cholesterol 60mg	20%	
Sodium 20mg	1%	
Total Carbohydrate 22g	7%	
Dietary Fiber 4g	0%	
Sugars 22g		
Protein 2g		
Vitamin A	10% • Vitamin C	0%
Calcium	6% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		





MACE

Commands higher price and special place in the kitchen spice box

Mace spice is a dried, outer aril, enveloping firmly around the nutmeg kernel. Nutmeg kernel and mace arils indeed are two separate spice products of same nutmeg fruit.

Health Benefits of Mace

- Digestive Health
- Treatment and Prevention of Cancer
- Pain Relief
- Breath Freshener



Nutrition Facts		
Serving Size 3 3/4 oz (106g)		
Serving Per Container 10		
Amount Per Serving		
Calories 430	Calories from Fat 260	
	% Daily	Value*
Total Fat 29g		45%
Saturated Fat 17g		85%
Trans Fat 2.5g		
Cholesterol 65mg		22%
Sodium 150mg		6%
Total Carbohydrate 40g		13%
Dietary Fiber 1g		4%
Sugars 21g		
Protein 4g		
Vitamin A	10% • Vitamin C	0%
Calcium	2% • Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		





Curry Leaves



CURRY LEAVES

Aromatic and flavoring for most curries and soups.

Curry leaves are natural flavoring agents with a number of important health benefits, which makes your food both healthy and tasty along with pleasing aroma.

Health Benefits of Curry Leaves

- Stops Diarrhea
- Gastrointestinal Protection
- Antioxidant Properties
- Anti-Diabetic Properties



Nutrition Facts		
Serving Size 3 3/4 oz (106g)		
Serving Per Container 10		
Amount Per Serving		
Calories 430	Calories from Fat 260	
	% Daily	Value*
Total Fat 29g		45%
Saturated Fat 17g		85%
Trans Fat 2.5g		
Cholesterol 65mg		22%
Sodium 150mg		6%
Total Carbohydrate 40g		13%
Dietary Fiber 1g		4%
Sugars 21g		
Protein 4g		
Vitamin A	10% •	Vitamin C 0%
Calcium	2% •	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		



A collection of wooden bowls containing various spices and a mortar and pestle, with the text 'Curry Powder' overlaid in a cursive font. The bowls contain: a large central bowl with brown powder and a wooden pestle; a bowl of green peppercorns; a bowl of red powder; a bowl of dark brown powder; a bowl of red dried chilies; a bowl of light brown powder; and a bowl of green dried herbs. The background is a wooden surface.

Curry Powder



CURRY POWDER

A readily-available blend of spices

A blend of strongly flavored spices popular in Eastern Indian cooking that are ground into a finely powdered substance.

Health Benefits of Curry Powder

- Cancer Prevention
- Pain Relief and Inflammation
- Heart Health
- Bone Health



Nutrition Facts		
Roasted Curry Powder 8 oz		
Amount Per Serving		
Calories 5	Calories from Fat	
	% Daily	Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrates 0g		0%
Dietary Fibre 1g		4%
Protein 0g		0%
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 4%	
Zinc 0%	Thiamin 0%	
Riboflavin 0%	Niacin 0%	
Vitamin B-6 0%	Folate 0%	
Vitamin B-12 0%	Phosphorus 0%	
Magnesium 0%	Vitamin D 0%	

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Spices *Packaging Options*

BULK PACKING - RETAIL PACKING

■ POUCHES ■ TINS ■ DISPENSERS ■ GRINDERS ■ SPICE GIFT BOXES

BULK PACKING



Master cartons with
inner polythene bags
Quantity depends on
the product, various
from 5 kg's to 25 kg's



Retail Packaging Options



Stand up Kraft pouches without windows



Stand up Kraft pouches with windows



Kraft and side gusset without windows



Stand up pouches



Kraft and side gusset with window

Tins



Paper Canisters with Metal Lid



Other Packing Types



Grinders



Dispensers

Spice Gift Boxes



Spice Gift Boxes based on customers preference







Lab Facilities

éconutrena CSR PROJECT & WELFARE



éconutrena VISITING OUR FARMER FAMILIES







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