

éconutrena

Organic

P R O D U C T S





BANANA

Banana is one of the most important commercial tropical fruits traded. Banana is a type of fruit from herbaceous plants of the geus musa

Benefits of banana

- Increased energy
- Improved digestion
- Cure for ulcers and heartburn
- Skin conditions



Nutritional values per 100g	
Calories	89
Total fat	0.3g
Cholesterol	0mg
Sodium	1mg
Potassium	358mg
Total carbohydrate	23g
Protein	1.1g
Vitamin (A, C, B6)	35%

ORGANIC Dehydrated Banana chips

PACKAGING	BEST BEFORE	SEASONS
2.5kg x 4 bags per ctn	One years	No Season



ORGANIC Dehydrated Banana whole

PACKAGING	BEST BEFORE	SEASONS
2.5kg x 4 bags per ctn	One years	No Season

YOUNG JACKFRUIT CURRY

The healthy main dish

The Jackfruit tree (*Artocarpus heterophyllus*) is well suited to tropical lowlands and its fruit is the largest tree-borne fruit, reaching as much as 35kg weight. A mature jackfruit tree can produce about 100 to 200 fruits in a year. The jackfruit is a multiple fruit. The jackfruit is a widely cultivated and popular food item throughout the tropical regions of the world.

Jackfruit has almost no cholesterol. It is rich in protein, carbohydrate, vitamin (A,C & E), Potassium.



Available in 300ml cans.

- Health benefits of young jackfruit
- Health to get a glowing complexion
- Prevents cancer
- High in protein and Energy
- Maintain blood pressure

Ingredients of young jackfruit curry

Young jackfruit
Water
Onion
Virgin coconut oil
Tomato paste
Chili , cardamom , fennel , clove, black paper, spices
Garlic
Salt
Turmeric
Cinnamon

PINAPPLE

Pineapple is cultivated predominantly for its fruit that is consumed fresh or as canned fruit and juice. Pineapple is the only source of bromelain, a complex proteolytic enzyme used in the pharmaceutical market and as a meat-tenderising agent.

Health benefits of pineapple

- Immune system support
- Bone strength
- Eye health
- Anti-inflammatory



Nutritional values per 100g	
Calories	50
Total fat	0.1g
Cholesterol	0
Sodium	1mg
Potassium	109mg
Total carbohydrate	13g
Vitamins (A,C,B6,B12,D)	

ORGANIC Pineapple Chunks in own juice

PACKAGING	BEST BEFORE	SEASONS
50g× 6 , 350 × 6 , 750 × 6 Bottle per ctn 400g × 12 , 3000g × 6 cans	Two years	No seasons



ORGANIC Dehydrated Pineapple tidbits and rings

PACKAGING	BEST BEFORE	SEASONS
2.5kg × 4 bags per ctn	Two years	No seasons

MANGO

Mangoes are juicy stone fruit (drupe) from numerous species of tropical trees belonging to the flowering plant genus *Mangifera*, cultivated mostly for their edible fruit. The majority of these species are found in nature as wild mangoes.

Benefits of mango

- Prevents cancers
- Lowers cholesterol
- Clears the skin
- Improves eye health
- Alkalizes the whole

Nutritional values per 100g	
Calories	60
Total fat	0%
Cholesterol	0%
Sodium	0%
Potassium	4%
Carbohydrate	5%
Protein	1%
Vitamins (A,C,B6)	86%



ORGANIC

Mango chunks in pineapple juice

PACKAGING	BEST BEFORE	SEASONS
250g x 6, 350 x 6, 725g x 6 Bottle per ctn 400g x 12, 3000g x 6 cans	Two years	November - January April - July



ORGANIC

Dehydrated mango for stripes

PACKAGING	BEST BEFORE	SEASONS
2.5kg x 4 bags per ctn	One years	November - January April - July



ORGANIC

Mango puree

PACKAGING	BEST BEFORE	SEASONS
200ml x 6, 350ml x 6 bottles per ctn	Two years	November - January April - July

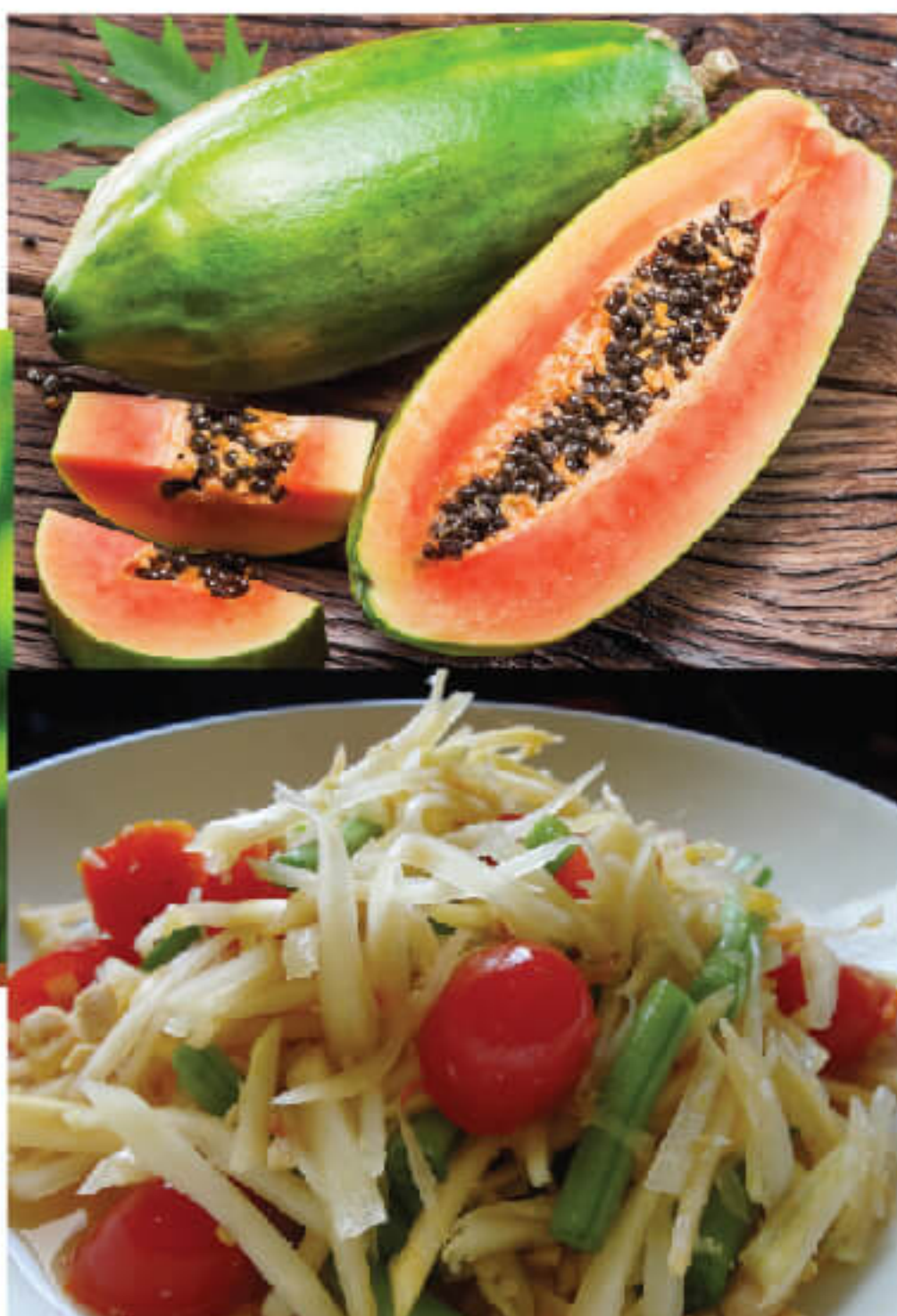


PAPAYA

Papaya (*Carica papaya*) is a tropical fruit having commercial importance because of its high nutritive and medicinal value. It is now present in every tropical and subtropical country.

Benefits of papaya

- Delicious and loaded with nutrients
- Power full antioxidant effects
- Anti-cancer properties
- Improve heart health



Nutritional values per 100g	
Calories	43
Total fat	0%
Cholesterol	0%
Potassium	5%
Carbohydrate	3%
Protein	1%
Vitamins (A,C)	99%

ORGANIC

Papaya chunks in Pineapple Juice

PACKAGING	BEST BEFORE	SEASONS
250g x 6, 250 x 6, 725g x 6 Bottle per ctn 400g x 12, 3000g x 6 cans	Two years	No Seasons



ORGANIC

Dehydrated Papaya stripes

PACKAGING	BEST BEFORE	SEASONS
2.5kg x 4 bags per ctn	One years	No Seasons





éconutrena

Jaindi Export (Pvt) Ltd.

No. 47, Industrial Estate, Dankotuwa, Sri Lanka.

Telephone: +94 31 2265607, +94 31 2265608, +94 31 2265708

Mobile: +94 77 3259511

Email: info@econutrena.com

www.econutrena.com