



econutrena

COMES TO YOU FROM ECONUTRENA FARMS

# Best Quality Spice Ever

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





## 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



Available In - Black Pepper - Whole  
Black - Cut Size / Black Pepper - Powder



## 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.

### Health Benefits of White Pepper

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

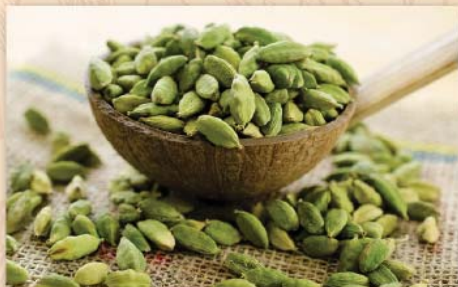


Available In - Black Pepper - Whole  
Black - Cut Size / Black Pepper - Powder



## 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



Available In - Cardamom - Whole  
Cardamom - Cut Size / Cardamom - Powder

## 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

Health Benefits of Cinnamon

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



Available In - Cinnamon Quills Black / Cinnamon Power



## 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 White Pepper

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



Available In - Dried Turmeric / Turmeric Powder



## 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



Available In - Dried Ginger / Ginger Powder



## 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
- Cough and breath
- Nausea and vomiting
- Treats and Removes Acne



Available In - Dried Cloves / Clove - Cut size  
Clove Powder



## 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 Clove

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



Available In - Dried Nutmeg /  
Nutmeg - Cut size / Nutmeg Powder



## 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



Available In - Mace Powder





- Antioxidant Properties
- Anti-Diabetic Properties



Available In - Curry Leaves Powder

## 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



Available In - 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



## Jaindi Exports (pvt) Ltd.

No 47, Industrial Estate, Dankotuwa, Sri Lanka

Telephone: +94312265607, +94 773259511

Email: [ganga@econutrena.com](mailto:ganga@econutrena.com)