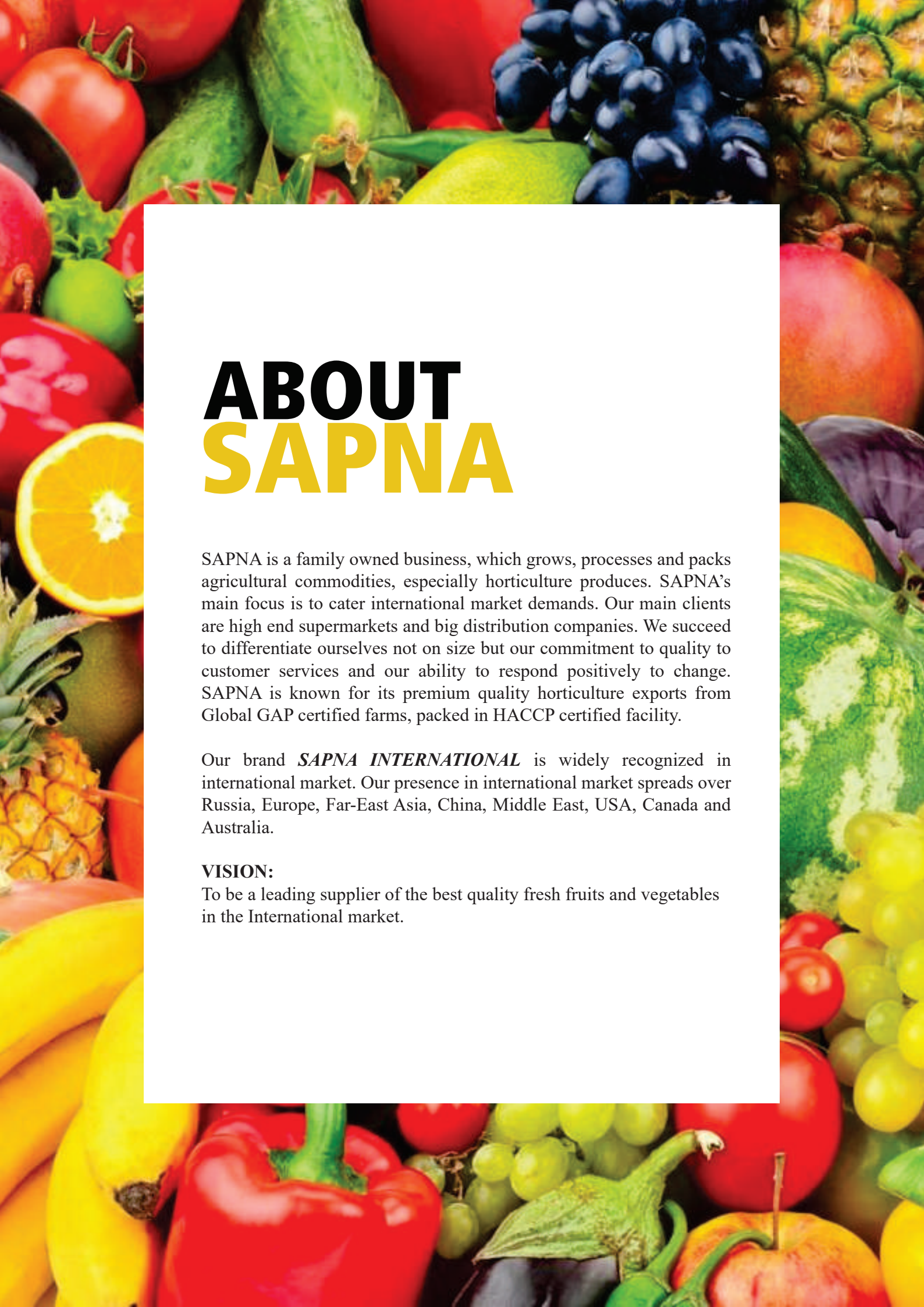


SAPNA INTERNATIONAL

A
Name
Of
Standard
Quality
Trust
And
Reliance





ABOUT SAPNA

SAPNA is a family owned business, which grows, processes and packs agricultural commodities, especially horticulture produces. SAPNA's main focus is to cater international market demands. Our main clients are high end supermarkets and big distribution companies. We succeed to differentiate ourselves not on size but our commitment to quality to customer services and our ability to respond positively to change. SAPNA is known for its premium quality horticulture exports from Global GAP certified farms, packed in HACCP certified facility.

Our brand ***SAPNA INTERNATIONAL*** is widely recognized in international market. Our presence in international market spreads over Russia, Europe, Far-East Asia, China, Middle East, USA, Canada and Australia.

VISION:

To be a leading supplier of the best quality fresh fruits and vegetables in the International market.



Mango

Known as king of the fruits, Mango is one of the most popular, nutritionally rich fruit with unique characteristics. Its flavor, fragrance, taste and health promoting qualities makes it numero-uno among new functional foods. Mango is often labeled as Super Fruit.

Health Benifits

- 1 Helps in digestion
- 2 Promotes Healthy Guts
- 3 Boosts Immunity
- 4 Promotes Eye Health
- 5 Lowers Cholesterol
- 6 Clears the Skin
- 7 Aids Weight Loss

Mangoes with Availability

Dusehri	(15th Jun – 10th July)
Langra	(22nd June – 05th July)
Sindhri	(25th June – 15th July)
Anwar Ratol	(05th July – 20th July)
Begun Phali	(10th June – 15th July)
Sunhera	(10th June – 15th July)
Fajri	(05th July – 10th Aug)
SB Chaunsa	(05th July – 05th Aug)
Sensation	(01st Aug – 01st Sept)
Black Chaunsa (Late Variety)	(10th Aug – 30th Aug)
White/ Late Chaunsa	(15th Aug – 25th Aug)
Rattay Wala (Azeemo Wala)	(15th August – 10th Oct)

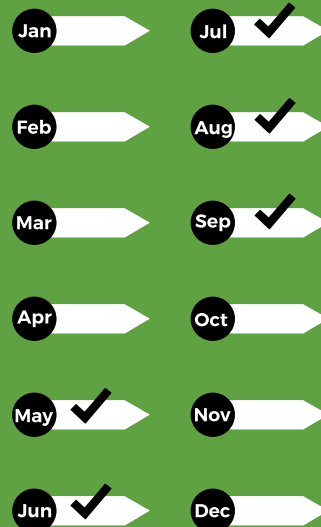
Standard Packing

in KG

1 1.5 2.5 3.5 4 5 8

Seasonal Avaibility

May to September





Citrus Mandarine (Kinnow)

This is one of the most important and best tangerine varieties cultivated in Pakistan. It is rich in Vitamin C. Its skin is loose and easy to detach from the fruit. This Fruit is unique in color and taste. The flavor is stronger and the aroma is more intense than a normal orange. This fruit has a distinct sweet flavor with a hint of raspberry. Kinnow is mostly eaten as a fresh dessert fruit or is used for the extraction of fresh juice. The pulp of the kinnow, which is highly juicy and sweet but slightly acidic and is used in making marmalades and squashes.

Health Benefits

- 1 Aids Digestion.
- 2 Alleviates Heartburn.
- 3 Rich in Vitamin C
- 4 Rich in Calcium
- 5 Natural Body Energizer.
- 6 Balances Cholesterol Levels

Seasonal Availability

January to April



The supply period of cold storage fruit can last until September



Sweet Lime

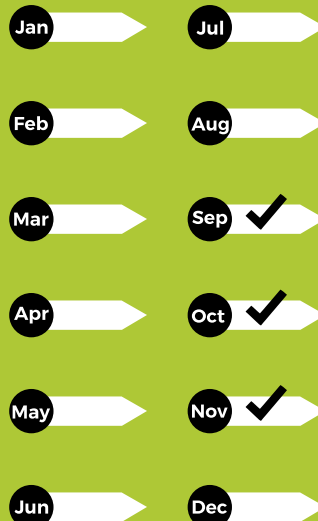
Sweet Lime may look like a regular lime, but take a bite and you will immediately taste the difference. The fruit has a sweet, orange-like taste rather than the usual tart flavor. The majority of the calories in a sweet lime come from carbohydrates which makes it a good choice for low-calorie and low-fat diets.

Health Benefits

- 1 Rich in Vitamin C
- 2 Home remedy for cold and flu
- 3 Boosts liver function
- 4 Relieves gastrointestinal problems
- 5 Its peel is used as a natural treatment for jaundice

Seasonal Availability

September to November



The supply period of cold storage fruit can last until September



Potatoes

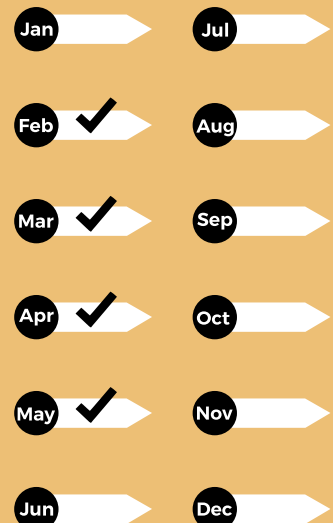
It is one of the most important food plants of the world. Potatoes may be served as: boiled, baked and roasted or as an ingredient for curries, pies and kebabs. They are also processed for sale as potato crisps, potato chips and potato flour. Potatoes contain 20% Water, 25% Protein, 18% Carbohydrates (mostly starch), high amount of Vitamin C and other minerals.

Health Benefits

- 1 Rich in Vit A, C, B6, Copper & Manganese
- 2 Helps Control Blood Sugar Levels
- 3 Best Energy producing Veggie
- 4 Resists Stroke & Heart Attack
- 5 Reduce Inflammation
- 6 Liver Cleansing
- 7 Prevent Kidney Stones

Seasonal Availability

September to November



The supply period of cold storage fruit can last until September



Onions

Onions are mostly used for flavoring other foods and thickening of soups. As such they're the essential ingredient of curries. Young onion bulbs along with green tops or mature bulbs are eaten raw in salads or used as separate cooked vegetables. They're the main ingredient of pickles and chutneys. Onions are high in energy. An onion bulb contains 90% water, 1.5% protein, 8% carbohydrates and fair amount of minerals. Green onion tops have 92% water, 2% protein, 3.4% carbohydrates and high content of vitamin A, Vitamin C and fair amount of minerals. The characteristic odor of fresh onion is owing to an essential oil, which contains allyl-propyl-disulphides.

Health Benefits

- 1 Benefit Heart Health
- 2 Loaded With Antioxidants
- 3 Contain Cancer-Fighting Compounds
- 4 Help Control Blood Sugar
- 5 May Boost Bone Density
- 6 Have Antibacterial Properties
- 7 May Boost Digestive Health

Seasonal Availability

September to November



The supply period of cold storage fruit can last until September



Peach



Red Blood Orange



Carrot



Melon



Cherry



Apricot

All Seasonal Fruits & Vegetables Available



Okra



Green Chillies



Bitter Gourd



Bottle Gourd



Brinjal



Apple Gourd



SAPNA'S
FRUITS & VEGETABLES

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