

## SUN-DRIED BLACK OLIVE IN OIL

- Black Olives are a good source of mono unsaturated fats and also a natural source of Vitamin E.
- These olives possess anti-bacterial and anti-fungal antioxidants.
- They help stimulate the immune system.
- Most Mediterranean's owe their smooth complexion to consumption of olives, which figure heavily in their diet. Olives aid in maintaining healthy, supple skin due to healthy oils found in it.

### PACKING DETAILS

Weight	<b>10Kg</b>
Units/ Case	<b>10Kg/ Drum</b>
Cases/ Pallet	<b>48</b>
Shelf-life	<b>12 Months</b>
Pack Language	<b>English &amp; Arabic</b>



### NUTRITION FACTS:

Calories	<b>116</b>
Water	<b>80%</b>
Calcium	<b>88mg</b>
Iron	<b>6.28mg</b>
Magnesium	<b>4mg</b>
Potassium	<b>8mg</b>
Sodium	<b>735mg</b>
Zinc	<b>0.22mg</b>
Copper	<b>0.25mg</b>

### INGREDIENTS:

Slice Black Olive	Soya Oil
Salt	Lactic Acid
Sodium Metabisulfate	Carrots
Non-GMO products	

### STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.

Unopened olives may be stored for as long as 12 months.

Transfer the olives from the opened package along with the brine into a glass or plastic bowl. (Please do not place in a metal container for the brine might react negatively with the metal causing poisoning).

Cover with cling film and then store under refrigerated conditions.