

PICKLED TURNIP

- Turnip relieves intestinal problems. Its fiber helps reduce pressure and inflammation in colon.
- Lowers blood pressure and inhibiting the sticking together of platelets in the blood.
- It also reduces risk of cancer, aiding in weight loss and digestion.



PACKING DETAILS

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

NUTRITION FACTS:

Amount per 100g	
Calories	36.4
Protein	1.17g
Fat	0.13
Carbohydrates	8.36g
Sugar	4.66g
Fiber	2.34g
Calcium	39mg
Iron	0.39mg
Magnesium	14.3mg
Phosphorus	35.1mg
Vitamin K	0.13mcg
Sodium	87.1mg
Zinc	0.351mg
Vitamin C	27.3mg
Folate	19.5mcg

INGREDIENTS:

Turnip	Water
E-260 Acid	Salt
Acetic Acid K	E-11 Alurra Red Calcium Chloride E-509
Sodium Benzoate	Non-GMO products

STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.
Unopened may be stored for as long as 12 months.
Cover with cling film and then store under refrigerated conditions.