

RAISIN (Dark/Light)

- Raisin contains polyphenolic phytonutrients, which are well known as anti-inflammatory antioxidants.
- It also contains good amounts of calcium which is good for bone health.
- Raisins contain potassium and magnesium in good levels. These help reduce acidity and help remove the toxins from the system, preventing diseases like arthritis, gout, kidney stones and heart diseases.



NUTRITION FACTS

Serving Size 1 ounce/60 raisin	
Amount Per Serving	
Calories	85
Fat	0.1g
Sodium	7.4mg
Carbohydrates	22g
Fiber	1.2g
Sugars	18.5g
Protein	0.9g

PACKING DETAILS

Weight	500g
Units/ Case	25
Shelf-life	12 months

