



Mahima Herbs & Spices

Exporter Importer & Wholesaler

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About US :-

Exporter Importer & Wholesaler



Herbs & Spices Red chilli, Chilli seeds, Coriander, Turmeric, Black pepper, Black cardamom, Cardamom, Nutmeg, Jeera, Javitri, Cloves, White pepper, Dalchini, Star aniseed, herbs ,spices, dry fruits , fresh fruits , vegetables ,pulses and perishable products

 **Puneet Bhatia**

**Mahima herbs and spices 2199,3rd floor girriraj building Gali hinga beg Tilak Bazar khari baoli delhi 110006
Since 2012.**

About Us





Red chilli

Red chillies are jam-packed with Vitamin C that helps in supporting the immune system and combat chronic diseases.

Red chilli



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Chilli Seeds

Chilli seeds should be added to the curries, these tiny wonders may look like they cannot do anything good, but they come packed with many nutrients like vitamin C, vitamin B6, vitamin A, iron, copper, potassium, niacin, dietary fibre .



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Chilli Seeds



Coriander Seeds

Coriander seed helps in reducing bad cholesterol and promotes good cholesterol in the body. These are rich in copper, zinc, iron and other essential minerals that increases RBC and improves heart health.

Coriander Seeds



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Turmeric

Turmeric — and especially its most active compound, curcumin — have many scientifically proven health benefits, such as the potential to improve heart health.



Turmeric



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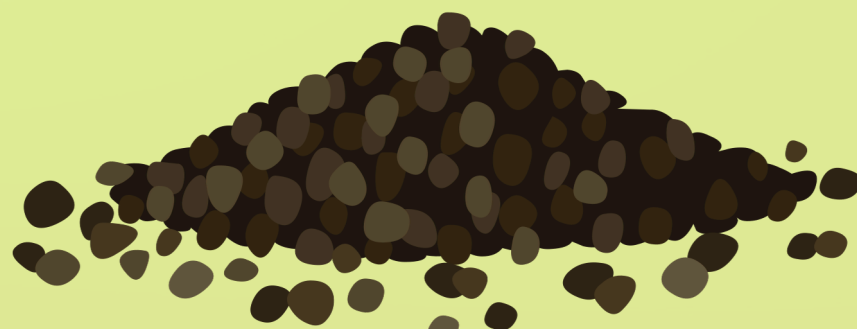




Black Pepper

Black pepper is a good source of manganese, a mineral that can help with bone health, wound healing, and metabolism.

Black Pepper





Nutmeg

Nutmeg is found to have health benefits, including its ability to relieve pain, soothe indigestion, strengthen cognitive function, detoxify the body, boost skin health,



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Nutmeg





Javitri

It is highly recommended as a herbal beauty product. It has antibacterial and anti-inflammatory properties too which reverses the aging process and gives you healthy and youthful skin.

Javitri



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WhitePepper

White pepper benefits are numerous. It can effectively manage pain, aid in weight loss, control blood pressure, and reduce the risk of ulcers.



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WhitePepper





Jeera

Jeera is a very good source of potassium and iron which helps in building up your immunity system. It is also very rich in antioxidants and has anti-bacterial properties which assist in fighting off infection-causing bacteria.



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Jeera





Cardamom

People may use cardamom seeds and pods in curries, desserts, and meat dishes, as well as in beverages, such as coffee and chai tea.

Cardamom



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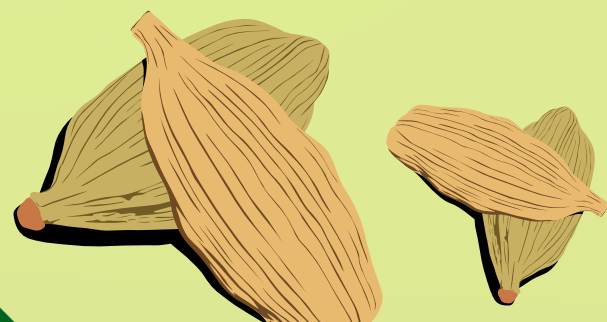




Black cardamom

Black cardamom is largely used in savory Indian dishes ranging from curries, stews, daals (lentil dishes), and pilafs.

Black cardamom




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Dalchini

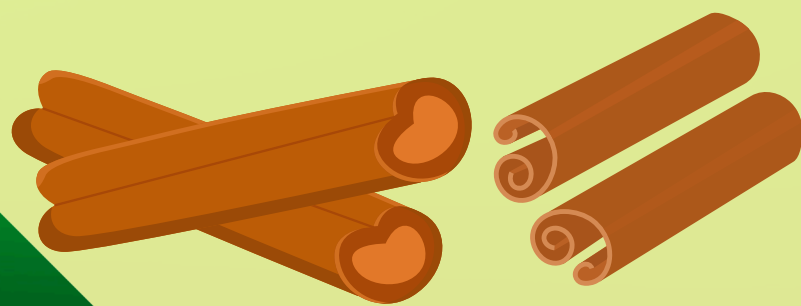
Consuming normal amounts of cinnamon isn't likely to have a big impact on your health. It's not a good idea to eat a lot of it either.



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Dalchini





Star Aniseed

Star anise contains compounds like linalool, vitamin C, shikimic acid and anethole, which contribute to its many health benefits.



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Star Aniseed



Cloves

Cloves are full of antioxidants. These compounds help your body to fight free radicals, which damage your cells and can lead to disease.



Cloves



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Onion

Its pungent aroma and sharp taste make it ideal for spicing up meat, salads and vegetable dish. It is also used to cure a various physiological disorders such as cough, obesity, insomnia, hemorrhoid and constipation.

Onion




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Green Chilli

Green chilis are immature chili peppers, most often Pasilla, Anaheim or Poblano peppers that have been harvested before fully ripening. Not as spicy as red chili peppers, they are available raw, canned or pickled and are a common addition to traditional Hispanic dishes ranging from soups to snacks.



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Green Chilli





Pomegranate

The fruit is the size of a large orange, obscurely six-sided, with a smooth leathery skin that ranges from brownish yellow to red; within, it is divided into several chambers containing many thin transparent arils of reddish, juicy pulp, each surrounding an angular elongated seed.



Pomegranate



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Mango

Mango is called the "king of fruits" primarily due to its rich nutritional value, delicious flavor, and widespread cultural significance, particularly in India. It's celebrated for its high vitamin content, fiber, and antioxidants, making it a healthy and flavorful choice. Additionally, mangoes are deeply ingrained in Indian culture, symbolizing prosperity and are enjoyed during various festivals and celebrations.



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Mango



Banana

Banana is a very popular fruit due to its low price and high nutritive value. It is consumed in fresh or cooked form both as ripe and raw fruit. Banana is a rich source of carbohydrate and is rich in vitamins particularly vitamin B. It is also a good source of potassium, phosphorus, calcium and magnesium.



Banana



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Coconut

Coconuts have diverse uses, encompassing food, fiber, building materials, and even fuel. The coconut fruit, tree, and husk all contribute to various applications, including cooking oil, edible flesh, and durable materials.



Mango


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Alos we provide

White Labeling Working

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