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# HEALTHY SPICES GUIDE



## **CUMINS (09093111)**

(*Cuminum cyminum*)

- ✔ Warm, earthy and nutty flavor
- ✔ Helps improve digestion
- ✔ Rich in antioxidants
- ✔ Widely used in Indian & global cuisines



## **FENNEL (09096131)**

(*Foeniculum vulgare*)

- ✔ Sweet, licorice-like taste
- ✔ Supports digestion & gut health
- ✔ Rich in fiber and antioxidants
- ✔ Commonly used after meals



## **SESAME (12074090)**

(*Sesamum indicum*)

- ✔ Tiny but highly nutritious
- ✔ Rich in healthy fats & protein
- ✔ Supports bone and heart health
- ✔ Available in white, black & brown varieties



## **CORIANDER (090921)**

(*Coriandrum sativum*)

- ✔ Mild, citrusy and warm flavor
- ✔ Supports digestion & metabolism
- ✔ Rich in essential oils & fiber
- ✔ Used whole or ground as spice



## **ISABGOL (12119013)**

(*Plantago ovata*)

- ✔ Excellent source of soluble fiber
- ✔ Supports digestion & relieves constipation
- ✔ Helps regulate blood sugar levels
- ✔ Promotes heart & gut health

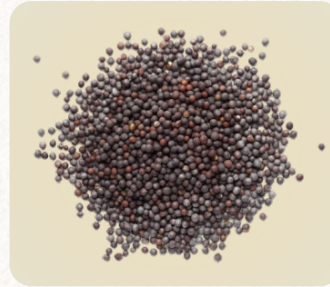




### **DILL (09109913)**

(*Anethum graveolens*)

- ✔ Mild, aromatic and slightly bitter flavor
- ✔ Aids digestion & reduces bloating
- ✔ Rich in antioxidants & essential oils
- ✔ Supports respiratory & gut health



### **MUSTARD (21033000)**

(*Brassica nigra* / *Brassica juncea*)

- ✔ Strong, pungent and nutty flavor
- ✔ Boosts metabolism & digestion
- ✔ Rich in omega-3 fatty acids & antioxidants
- ✔ Supports heart health



### **FENUGREEK (19109912)**

(*Trigonella foenum-graecum*)

- ✔ Slightly bitter, nutty and aromatic flavor
- ✔ Helps control blood sugar & improves digestion
- ✔ Rich in fiber, iron & antioxidants
- ✔ Supports weight management & heart health



### **AJWAIN (09109914)**

(*Trachyspermum ammi*)

- ✔ Strong aroma with thyme-like flavor
- ✔ Helps relieve gas & indigestion
- ✔ Rich in thymol essential oil
- ✔ Common in Indian home remedies



### **NIGELLA (09093119)**

(*Nigella sativa*)

- ✔ Strong, slightly bitter and peppery flavor
- ✔ Boosts immunity & fights inflammation
- ✔ Rich in antioxidants & essential oils
- ✔ Supports respiratory, skin & gut health



# HEALTHY GRAINS GUIDE



## WHEAT (10019910)

(*Triticum aestivum*)

- ✔ Staple grain rich in carbohydrates
- ✔ Good source of fiber & energy
- ✔ Supports digestion and daily nutrition
- ✔ Widely used for flour and bread



## CORN (10051000)

(*Zea mays*)

- ✔ Naturally sweet and nutritious grain
- ✔ Rich in fiber & antioxidants
- ✔ Supports digestive health
- ✔ Used in food, feed & industry



## PEARL MILLET (10082021)

(*Pennisetum glaucum*)

- ✔ Traditional and nutritious grain
- ✔ High in iron, fiber & minerals
- ✔ Supports heart health and stamina
- ✔ Ideal for gluten-free diets



## SORGHUM (10082110)

(*Sorghum bicolor*)

- ✔ Gluten-free and highly nutritious
- ✔ Rich in fiber and antioxidants
- ✔ Helps regulate blood sugar levels
- ✔ Used for roti and porridges



## BARLEY (10030010)

(*Hordeum vulgare*)

- ✔ Mild, nutty and slightly sweet flavor
- ✔ Helps improve digestion & gut health
- ✔ Rich in fiber, vitamins & minerals
- ✔ Supports heart health & helps control cholesterol



# HEALTHY PULSES GUIDE



## CHICKPEAS (CHANA) (07132020)

(*Cicer arietinum*)

- ✓ Rich in plant-based protein
- ✓ High in dietary fiber
- ✓ Supports digestion and heart health
- ✓ Widely used in Indian & global cuisines



## GREEN GRAM (MOONG) (07133100)

(*Vigna radiata*)

- ✓ Light and easy to digest
- ✓ Rich in protein & antioxidants
- ✓ Helps detox and weight management
- ✓ Used in dals, sprouts & snacks



## BLACK GRAM (07133110)

(*Vigna mungo*)

- ✓ Mild, earthy and creamy flavor
- ✓ Rich in protein, fiber & iron
- ✓ Supports digestion & gut health
- ✓ Boosts energy and muscle strength



## SOYBEAN (120100)

(*Glycine max*)

- ✓ Mild, nutty and versatile flavor
- ✓ Excellent source of plant-based protein
- ✓ Rich in omega-3 fatty acids & antioxidants
- ✓ Supports heart health & hormonal balance



## RAJMA (KIDNEY BEANS) (07133300)

(*Phaseolus vulgaris*)

- ✓ Mild, earthy and slightly sweet flavor
- ✓ High in protein, fiber & complex carbohydrates
- ✓ Supports digestion & gut health
- ✓ Helps control blood sugar levels



# HEALTHY VEGETABLES GUIDE



## **TOMATO (07020000)**

*(Solanum lycopersicum)*

- ✓ Juicy and tangy vegetable
- ✓ Rich in Vitamin C & antioxidants
- ✓ Supports skin and heart health
- ✓ Widely used in Indian cooking



## **ONION (07031010)**

*(Allium cepa)*

- ✓ Strong flavor and aroma
- ✓ Rich in antioxidants & minerals
- ✓ Supports immunity and digestion
- ✓ Essential ingredient in daily cooking



## **CHILLI (07096010)**

*(Capsicum annuum)*

- ✓ Hot, spicy and pungent flavor
- ✓ Rich in vitamin C & antioxidants
- ✓ Boosts metabolism and immunity
- ✓ Supports digestion & blood circulation



## **LEMON (08055000)**

*(Citrus limon)*

- ✓ Sour and refreshing citrus fruit
- ✓ Rich in Vitamin C & antioxidants
- ✓ Boosts immunity and aids digestion
- ✓ Widely used in drinks, cooking & pickles



## **DRUMSTICK (MORINGA) (07099990)**

*(Moringa oleifera)*

- ✓ Highly nutritious vegetable
- ✓ Rich in vitamins, minerals & fiber
- ✓ Supports immunity and overall health
- ✓ Used in Indian curries and dals



# HEALTHY FRUITS GUIDE



## 🌿 POMEGRANATE (08109010)

(*Punica granatum*)

- ✓ Juicy fruit with ruby-red seeds
- ✓ Rich in antioxidants & Vitamin C
- ✓ Improves heart health and immunity
- ✓ Helps in digestion and blood circulation



## 🌿 BANANA (08039010)

(*Musa*)

- ✓ Energy-rich and easy to digest
- ✓ High in potassium & fiber
- ✓ Supports muscle and heart health
- ✓ Popular daily fruit



## 🌿 MANGO (08045020)

(*Mangifera indica*)

- ✓ King of fruits with rich sweet taste
- ✓ Rich in Vitamin A, C & antioxidants
- ✓ Boosts immunity and eye health
- ✓ Major fruit crop of Gujarat



## 🌿 APPLE (08081000)

(*Malus domestica*)

- ✓ Rich in dietary fiber and antioxidants
- ✓ Helps improve digestion and gut health
- ✓ Supports heart health and weight management
- ✓ Boosts immunity and overall wellness

## 🌿 OUR SPECIAL PRODUCT



### 🌿 MAKHANA (19041090)

(*Euryale ferox*)

- ✓ Low in calories and rich in protein
- ✓ Good source of calcium, magnesium & antioxidants
- ✓ Supports heart health and controls cholesterol
- ✓ Helps in weight management and digestion



### 🌿 GREEN COCONUT

(*Cocos nucifera*) (08011910)

- ✓ Natural source of electrolytes and hydration
- ✓ Helps maintain body fluid balance
- ✓ Supports digestion and metabolism
- ✓ Rich in potassium, magnesium & antioxidants



# PREMIUM QUALITY

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### GET IN TOUCH



- Salman : +91 95589 51212
- Mustufa : +91 99988 88711
- [www.nobaloverseas.com](http://www.nobaloverseas.com)
- [nobaloverseas@gmail.com](mailto:nobaloverseas@gmail.com)



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