1. **JAGGERY**

Jaggery is known for its health benefits & its super food qualities; especially when it is Indian Jaggery! Best variety and class of Jaggery is only cultivated and found in India. It is one of kind of super food as it has more vitamins and minerals and a lower sucrose content than sugar. It is made from the juices of sugarcane and is growing in popularity as a replacement for white [sugar](https://www.medicalnewstoday.com/articles/324854).

Indian Jaggery served by Mahesh Overseas is known for their highest quality and freshness that no other can assure. Well checked by experts; our Indian Jaggery has been highly demanded in the global marketplace. We offer Jaggery in form of Powder, small blocks, larger block & in various packaging as per your choice. Our Jaggery is chemical free! It does not contain sulphur dioxide, lime, phosphoric acid, bleaching agents or any viscosity reducers that are used in making 'extra white jaggery' by most manufacturers.

To talk about benefits of Indian Jagerry is that it is very rich in iron, which is a composite of hemoglobin that prevents anemia. It helps to control blood pressure, helps in reducing weight, detoxes the liver, boost immunity & is a good source of energy. Jaggery is especially recommended for pregnant women. It is rich in magnesium, iron, & potassium. Magnesium strengthens the nervous system & potassium is vital to conserve the acid balance in the cells.

**JAGERRY BENEFITS & USES**

1. **Reduces Weight :** Jaggery is surprisingly effective as an aid for [weight loss](https://food.ndtv.com/fitness/weight-loss-exercises-9-ways-to-shed-the-weight-1230144). This is because jaggery is a rich source of potassium, which is a mineral that helps in the balance of electrolytes as well as [building muscles](https://food.ndtv.com/health/foods-that-help-increase-muscle-tone-696169) and [boosting metabolism](https://food.ndtv.com/health/how-to-lose-weight-8-metabolism-boosting-foods-705234). Potassium also helps in the reduction of water retention, which helps in managing your weight.
2. **Controls blood pressure:** Jaggery contains potassium and sodium, which play an important role in the maintenance of acid levels in the body. It makes sure that a normal level of [blood pressure](https://food.ndtv.com/lists/eat-right-cure-high-blood-pressure-724344) is properly maintained.
3. **Detoxes the liver:** Jaggery is a natural body cleanser, further reducing the workload of the liver. Jaggery helps cleanse the [liver](https://food.ndtv.com/health/low-sugar-diets-help-recover-damaged-liver-1265723) by flushing out harmful toxins from the body, which further helps detoxify the liver.
4. **Boost Immunity :** Jaggery is loaded with antioxidants and minerals such as zinc and selenium, which in turn [help prevent free-radical damag](https://food.ndtv.com/food-drinks/say-bye-bye-to-winter-troubles-with-these-superfoods-1258226)e and also [boost resistance against infections](https://food.ndtv.com/health/eat-this-to-boost-your-immune-system-756074). Jaggery also helps increase the total count of [haemoglobin](https://food.ndtv.com/food-drinks/5-iron-rich-foods-for-a-stronger-you-good-health-1201734) in the blood.
5. **Prevents constipation :** Jaggery activates the digestive enzymes in the body, stimulates bowel movements and thus helps prevent and relieve [constipation](https://food.ndtv.com/health/6-effective-home-remedies-for-constipation-1216545).
6. **Treats flu-like symptoms:** Symptoms of a [cold and cough](https://food.ndtv.com/health/five-myths-about-the-common-cold-1243370) can be relieved with the help of Jaggery. All you need to do is mix it with warm water and drink up, or even add it in your [tea](https://food.ndtv.com/food-drinks/chai-time-the-best-way-to-have-different-types-of-tea-777506) instead of [sugar](https://food.ndtv.com/ingredient/sugar-700985) to reap the benefits. Jaggery produces heat in the body, which is why generally people consume it in winters.
7. **Blood Purifier :** One of the most well-known benefits of jaggery is its ability to purify the blood. When consumed on a regular basis and in limited quantities, it cleanses the blood, leaving your body [healthy](https://food.ndtv.com/health/this-is-one-of-the-worlds-healthiest-foods-698654). Clean blood will mean a healthier body and will ensure that it is free from any disease.
8. **Cleanses the body:** Jaggery is one of the best [natural cleansing](https://food.ndtv.com/health/natural-ways-to-purify-air-at-home-1253794) agents for the body, hence it is advised to eat jaggery to remove unwanted particles from the body. It efficiently cleans the [respiratory tract](https://food.ndtv.com/health/experts-develop-a-new-therapy-to-treat-respiratory-infections-1264423), lungs, intestines, stomach and food pipe. Eating jaggery is highly recommended for people working in [heavily polluted](https://food.ndtv.com/health/why-you-should-take-rising-air-pollution-seriously-1204087) areas.
9. **Eases menstrual pain:** Jaggery, due to its richness in many essential nutrients, is an effective natural treatment for menstrual problems, especially providing [relief from cramps](https://food.ndtv.com/health/18-per-cent-of-indian-women-affected-by-pcos-study-1213041). In case you experience sudden mood swings just before your period, you should eat a small piece of jaggery daily to combat symptoms of PMS since it leads the release of endorphins.
10. **Prevents anaemia:** Jaggery is rich in iron and folate which help [prevent anaemia](https://food.ndtv.com/food-drinks/a-silent-killer-the-growing-burden-of-anemia-among-teens-in-india-1258661) by ensuring that a normal level of red blood cells is maintained. This is especially beneficial for [pregnant women](https://food.ndtv.com/opinions/pregnancy-diet-should-you-really-eat-for-two-1248326). It ensures that a normal level of red blood cells is maintained.
11. **Boosts intestinal health:** Jaggery also boosts intestinal strength due to its high magnesium content. With every 10 gram of jaggery, you get 16 mg of magnesium.
12. **Cools the stomach:** Jaggery helps in maintaining normal body temperature which helps in keeping your [stomach](https://food.ndtv.com/health/the-best-stomach-exercises-for-a-flat-tummy-756480) cool.
13. **Prevents respiratory problems:** By consuming jaggery regularly, you can prevent many respiratory problems such as asthma, bronchitis, etc.
14. **Relieves joint pain:** If you suffer from [aches and pains in your joints](https://food.ndtv.com/health/how-to-treat-knee-pain-easy-tips-and-home-remedies-1217514), eating jaggery can provide you with much-needed relief.
15. **Good source of energy:** While sugar is a simple carbohydrate that gets absorbed in the bloodstream instantly and gives instant energy, jaggery is a [complex carbohydrate](https://food.ndtv.com/food-drinks/good-carbs-versus-bad-carbs-what-to-eat-and-what-to-avoid-1203654) that gives [energy](https://food.ndtv.com/food-drinks/the-truth-about-energy-bars-are-they-really-good-for-you-1208551) to the body gradually and for a longer time. This means that the levels of blood sugar do not get raised immediately.

**OUR SPECIALITY**

* Naturally processed (chemical free)
* Pure & hygienic
* No added natural or artificial colour or flavour
* No added artificial sweetener
* Natural taste, flavour & aroma
* Quality checks as per FSSAI

**WHERE FROM INDIA**

Straight from Kolhapur, Maharashtra, Hub of Jagerry in India.

1. **TURMERIC**

Our “Premium And Organic Turmeric Powder**”** has great anti-inflammatory and anti-oxidant properties, which reduces the inflammation and strengthens the person’s immunity. Our turmeric powder is obtained purely from organic sources and can be used in variety of purposes. Turmeric has been used to treat a variety of ailments. Taken internally, Turmeric is used to treat headaches, diarrhoea, flatulence, colds and fevers, Oedema, bronchitis, leprosy, colic, kidney inflammation and cystitis. Practitioners of Ayurvedic medicine advocate Turmeric as a means of curing or relieving general inflammation, conjunctivitis, itching and skin ulcers, colic, constipation, flatulence, and parasites such as ringworms. Also used to treat Alzheimer , as an Anti-Inflammatory,in Arthritis, Atherosclerosis, Cancer ,Cataracts,, Cholesterol, Crohns Disease, Cystic Fibrosis, Liver Disease, etc. It has a high therapeutic value and is a rich source of calcium, iron and protein. In addition, it also contains dietary fibres, vitamins and various other nutrients.

It has a good amount of vitamin C, vitamin B, iron, magnesium, and potassium. Turmeric is not just a root. It’s a cure to many problems

**TURMERIC USES & BENEFITS**

1. **Medical Uses**

Turmeric has been used to treat a variety of ailments. Turmeric is used to treat headaches, diarrhoea, flatulence, colds and fevers, Oedema, bronchitis, leprosy, colic, kidney inflammation and cystitis. Also used to treat Alzheimer , as an Anti-Inflammatory,in Arthritis, Atherosclerosis, Cancer ,Cataracts,, Cholesterol, Crohns Disease, Cystic Fibrosis, Liver Disease, etc.

1. **Culinary Uses**

It is impossible to ignore turmeric when it comes to its uses in Food items. Turmeric is used worldwide as a seasoning. In India & most Asian countries Turmeric is used in every food items. Turmeric combines well with spices such as Chilli powder, Coriander powder, Cumin, and Cinnamon, etc

1. **Food Industry**

Turmeric is used to flavour and at the same time to colour butter, cheese, margarine, pickles, mustard and other food items. It is also used to colour liquor, fruit drinks, cakes and table jellies. It is one of the principal ingredients of the curry powder, which is a blend of many spices, common salt and farinaceous matter.

1. **Cosmetic Industry**

Natural plant products like turmeric have been formulated to heal and prevent dry skin, treat skin conditions such as eczema and acne, and retard the aging process. Since ages, Turmeric is very popular in cosmetic use especially for women. It is used in many beauty products / creams made especially for women. Smearing Turmeric paste on face and limbs during a bath is found to clear the skin and beautify face. Its antiseptic and healing properties are said to be both a preventive cures for that much feared malady of adolescence-pimples. It is also known to discourage unwanted hair on feminine skin.

1. **Garment Dying**

Turmeric is used for dyeing silk, cotton & wool, to impart a yellow shade, in an acid batch. It is still used to dyeing cotton. The dye is also employed as colouring material in pharmacy, confectionery, rice milling and food industries .Its also used as a colouring material in the paints and varnishes industry also.

1. **Other Uses**
* Turmeric is used in households for treating cough, anorexia, dysentery, abdominal pain, respiratory ailments, and dental disorder.
* It is also used for treating gastrointestinal disorders like liver disease, [ulcers](https://pharmeasy.in/blog/ulcers-facts-causes-and-symptoms/), and flatulence.
* Turmeric and lime are used to treat inflammation caused by injury and relieve muscle pain.
* It is used to flavour and colour butter, cheese, margarine, pickles, mustard, liquor, fruit drinks, cakes, table jellies and other food items.
* Freshly prepared turmeric paste is used in a perineal laceration to facilitate the wound healing after the delivery.
* The turmeric paste is an excellent antiseptic, and that is why it is applied to the umbilical core of newly born babies.
* It is known that turmeric paste is applied to the skin during eye infections, burns, and bites.
* Its a natural dye to colour cloth, leather, silk, palm fibre, wool and cotton.
* Turmeric is used to prepare anticancer formulations.
* Turmeric helps to detoxify the body and [improve liver health](https://pharmeasy.in/blog/foods-good-for-liver/).
* Several cream or lotion-based formulations are prepared using turmeric, which showed great potential to reduce the hairs on the face and acne infections and improve skin naturality.

**OUR SPECIALITY**

* Naturally processed (chemical free).
* Pure & hygienic.
* No added natural or artificial colour or flavour.
* Natural taste, flavour & aroma
* Quality checks as per FSSAI

**WHERE FROM INDIA**

Straight from Sangli & Satara, Maharashtra, Hub of Turmeric in India

1. **CASHEW NUTS**

Cashew Nut is the third largest consumed tree nut in the world. The Indian Tropical climate & soil favoured Cashew nut so well that India has been cultivating cashew nuts as a popular native crop, making India the second largest cashew producers in the World. As a matter of fact, over 60 percent of the cashews consumed globally are processed in India. Konkan region of Maharashtra, Goa, Kerala & Shimla Hills are few of the prominent places where Indian cashew nuts are planted, processed & exported from India.

Being a trusted cashew nuts exporter, we export quality cashew nuts from India. We maintain the quality of cashews by following food safety norms and stringent checks. Depending upon the customer specifications, we can offer cashew nuts in different weight requirements

Cashew nuts are also available in various grades such as white whole grade and scorched whole grade (slightly darkened kernels while roasting). Our cashew nuts are highly acknowledged for their rich protein content and are extensively used in various cuisines. The cashew nuts we supply are completely free from infestation. We pack the nuts in vacuum packed pouches & tins. We export fine quality Cashew Nuts in the global market that are known for their freshness and nutritional value. We make sure that the Cashew Nuts that we supply are delivered in properly packaged food-grade material, so that their quality is always retained. Clients can avail different varieties of Cashew Nuts from us at very reasonable prices.

The offered cashew nuts are known for their freshness and nutritional value. We bring forth the nutritious quality of Cashew Nuts. Our company is considered as a reliable Cashew Nuts Supplier and Exporter in India & abroad.

## **The Nutritional Profile of cashew nuts**

* Essential fatty acids
* Vitamin E, Vitamin K, and Vitamin K
* Minerals – calcium, copper, potassium, magnesium, zinc, and folate
* Antioxidants
* Fibres
* Proteins and carbs

#### Cashew Grades Available with us :

* W 180
* W 210
* W 240
* W 320
* W 400
* SW 210/180
* SW 240/320
* MIX
* J. H.
* L.W.P.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Grade Designation** | **Trade Name** | **Colour/ characteristics** | **Count / 454 gms size description** | **Max Moisture** | **Broken Max** |
| W – 180 | White Wholes | White/pale ivory/light ash, Characteristic shapes | 170-180 | 5% | 5% |
| W – 240 | White Wholes | White/pale ivory/light ash, Characteristic shapes | 220 – 240 | 5% | 5% |
| W – 320 | White Wholes | White/pale ivory/light ash, Characteristic shapes | 300 – 320 | 5% | 5% |
| W – 450 | White Wholes | White/pale ivory/light ash, Characteristic shapes | 400 – 450 | 5% | 5% |

**CASHEW USES & BENEFITS**

1. **Reduces Bad Cholesterol, Prevents cardiovascular diseases**

Cashew nuts are rich in essential fatty acids, potassium, and [**antioxidants that are beneficial for heart health**](https://pharmeasy.in/blog/8-surprising-health-benefits-of-sweet-potato/)**.** It contains phytosterols, phenolic compounds, and oleic acid for heart health and makes blood vessels stronger. Cashew nuts help reduce bad cholesterol (LDL) and improve good cholesterol (HDL) in the body. It also has anti-inflammatory properties that reduce the internal inflammation that may cause a risk of getting heart disease.

1. **Boost brain functions**

**Cashew nuts contain brain booster nutrients that may help boost brain functions and keep your memory sharp. To improve brain function, you can eat overnight soaked cashews**.

1. **Controls Weight**

**Cashews are consumed as a snack and also used in nut mixes. Cashew nuts are high in calories, proteins, and fibres that make you fuller for a longer time and kill your cravings. But since nuts are high in calories, it’s essential to consume them in moderation.**

1. **Help Lowers Blood pressure**

**Cashew nuts are rich in healthy unsaturated fats and minerals like magnesium, potassium, and L-arginine. It helps reduce blood pressure drastically by dilating your blood vessels.**

1. **May**[**prevent and control diabetes**](https://pharmeasy.in/blog/taking-control-over-your-diabetes/)

**For people with type 2 diabetes, adding cashew to their diet can essentially control the blood sugar level. It is a good source of fibre, a nutrient that helps prevent blood sugar spikes. However, due to high-calorie content, it is recommended to have only 3-4 cashews per day.**

1. **Immunity booster**

**Cashew nuts are rich in zinc and vitamins that keep you healthy. Zinc is an immune-boosting compound that is vital for basic cell processes. Regular intake of zinc may provide you with the required amount of zinc and vitamins that ultimately enhance your immunity.**

1. **Help Increase male fertility**

**Cashew nuts are rich in zinc that is essential to improve sperm count in males and fertility chances. Also, regular intake of cashew may help control weight and diabetes that increases male fertility drastically.**

1. [**Strengthen bones**](https://pharmeasy.in/blog/10-food-sources-of-calcium-for-your-bones/)

**For healthy bones, we need a lot of minerals, and cashew nuts have them all. Cashew nuts are rich in copper and calcium that gives strength to our bones and make them stronger. Copper helps in keeping your joints flexible by synthesizing collagen.**

**OUR SPECIALITY**

* Naturally processed (chemical free).
* Pure & hygienic.
* No added natural or artificial colour or flavour.
* Natural taste, flavour & aroma
* Quality checks as per FSSAI / APEDA

**WHERE FROM INDIA**

Straight from Konkan, Maharashtra, Hub of Cashew Nuts in India

1. **IMITATION JEWELLERY**

We are wholesaler of Indian Imitation Jewellery and Western trendy jewellery, as well as Exporters of Traditional Indian Jewellery.

Our Strength is the wide range of products in which we deal like Antique Jewellery, Fashion Jewellery, Kundan Jewellery, American Diamond (CZ) Jewellery, Black oxidized Jewellery, Polki Jewellery, Meena work Jewellery, Combo & full set Jewellery, Bridal Jewellery, Beads Necklaces & Western Jewellery. Various kind of jewellery we deal with are Necklaces, Bracelets, Bangles, Rings, Earrings, Anklets, Nose rings, Toe rings, waistband,Hair pins /clips, Hair bands, Rubber bands, Tikkas, Tops and many more.

We have never compromised on the quality and the services provided to our Customer. We believe in keeping the Customer happy by providing them instant fashion & exclusive range of intricately designed jewellery in various captivating designs and colours at a very competent price.

We have a wide collection of exclusive jewellery and can ship to clients with proper care & packaging.

**WHERE TO USE**

1. **Daily Use : Light weight jewellery can be used on daily basis based on colour of your dress or wear. Ear rings, bracelets, Necklaces etc can used on daily basis.**
2. **Wedding Parties : Full set or Combo set jewellery offered by us can be used in wedding parties**
3. **Functions & parties : Various kind of fashion & western jewellery can be used in Parties, Functions & Celebrations.**
4. **Festivals : Traditional Jewelleries can be used during festivals.**
5. **Meetings : Our various Light weight fashion jewellery can be wore on official meetings as per your dressings & personality.**

**OUR SPECIALITY**

* No Chemicals used
* Pure non toxic metals
* Quality checks as per Indian Standards
* Supplied in well packed materials / boxes

**WHERE FROM INDIA**

Fashion & Western Jewellery from Mumbai, Hub of Fashion Jewellery in India

Traditional, Antique, Kundan, American Diamond (CZ), Oxidized, Polkiy, Meena work Jewellery, etc, straight from Jaipur, Rajasthan, hub of Traditional Jewellery in India.

1. **HANDICRAFT**

Any decorative or useful item made by using hand is known as Handicraft. In simple words, Handicraft is any of a wide variety of types of work where useful and decorative objects are made completely by one’s hand or by using only simple, non-automated related tools like hammers, scissor etc.

India is considered as the land of tradition and culture. Indian crafts are extremely old, and therefore the incontrovertible fact that they’re still preserved today is a solid proof of their quality and significance. The creation of an authentic handcrafted product involves considerable skill and time, but the individual attention and care given to each item is what makes it so unique.

The country is blessed with innumerable highly skilled artisans. They have increased the eminence of Indian handicrafts round the globe. Its because of them India is powerhouse & largest manufacturers of Handicrafts items.

We, at Mahesh Overseas has partnered with many such Artisans to provide quality Handicrafts products to our overseas Buyers. Our handicrafts items include all Wooden items, Wooden carved statues, Clay Vase, Pottery items, Jute-Leather items, Home Decorative products, Carpets, Shawls, Zari goods, Metal carved Statues, Marble statues, Bamboo & Cane items / furniture, Wooden/Marble temples & many more.

**USES OF HANDICRAFTS**

* As a decorative item in Home / Villas
* To decorate your Garden area by putting clay Potteries & Wooden seating area, etc
* Decorative wooden boxes to keep your valuables
* Metal & Wooden statues as decorative in your House or Garden.
* Wooden / Marble temple for worshiping your lord.
* Candle holders for candles
* And many more

**OUR SPECIALITY**

* Only handmade items
* No machine manufactured items
* Pure Indian Traditional Items
* Long durable quality items
* No toxic colour or chemical used
* Mostly supplied in comfortable wooden boxes packing’s

**WHERE FROM INDIA**

Most of our Handicrafts items are prepared by our Artisans located in Jaipur, Jodhpur, Rajasthan, Parts of Maharashtra & North East India.