



**HIND AGRO FOOD**  
Making Waves in Global Business



# HIND AGRO FOOD



[www.hindagrofood.com](http://www.hindagrofood.com)



[Omp70714@gmail.com](mailto:Omp70714@gmail.com)



+91-9813683438, +91-8307120155



## Welcome to Hind Agro Food

Hind Agro Food isn't just another food supplier, we're a family dedicated to bringing the essence of India's rich agricultural heritage to your table. Since our inception, we've been passionate about sourcing the finest whole spices, vegetables, and buffalo ghee directly from farmers, ensuring the freshest, most authentic flavors in every product. We believe in sustainable practices, supporting local communities, and honoring the natural goodness of the land.

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## Buffalo Ghee

Ghee is believed to help reduce inflammation in the gut and promote the growth of good bacteria.



## Onion

Onions contain compounds that may help lower blood pressure, reduce cholesterol levels, and prevent blood clots.



## Lady Finger

Lady Finger stimulates the secretion of digestive enzymes and bile, aiding digestion and potentially relieving bloating and discomfort.





## Tomato

Tomato stimulates the secretion of digestive enzymes and bile, aiding digestion and potentially relieving bloating and discomfort.



## Mango

A single mango provides a whopping 67% of your daily recommended vitamin C intake, essential for immune function and fighting off infections.



## Green Banana

Resistant starch acts like prebiotics, feeding the good bacteria in your gut and promoting digestive health.



## Apple

A single Apple provides a whopping 67% of your daily recommended vitamin C intake, essential for immune function and fighting off infections.



## Pomegranate

Pomegranates are brimming with antioxidants like ellagitannins, anthocyanins, and punicalagins, protecting your cells from harmful free radicals and reducing inflammation.



## 1121 Basmati Rice

Compared to white rice, 1121 Basmati Rice, especially brown basmati, is richer in fiber. This fiber helps regulate digestion, promoting gut health and potentially reducing the risk of constipation and digestive disorders.



## **Pusa Basmati Rice**

Compared to white rice, Pusa Basmati Rice, especially brown basmati, is richer in fiber. This fiber helps regulate digestion, promoting gut health and potentially reducing the risk of constipation and digestive disorders.



## **1509 Basmati Rice**

Compared to white rice, 1509 Basmati Rice, especially brown basmati, is richer in fiber. This fiber helps regulate digestion, promoting gut health and potentially reducing the risk of constipation and digestive disorders.



## **pr11 Rice**

Compared to white rice, pr11 Rice, especially brown basmati, is richer in fiber. This fiber helps regulate digestion, promoting gut health and potentially reducing the risk of constipation and digestive disorders.



## Parmal Rice

Compared to white rice, Parmal Rice, especially brown basmati, is richer in fiber. This fiber helps regulate digestion, promoting gut health and potentially reducing the risk of constipation and digestive disorders.



## ir64 Rice

Compared to white rice, ir64 Rice, especially brown basmati, is richer in fiber. This fiber helps regulate digestion, promoting gut health and potentially reducing the risk of constipation and digestive disorders.



## Cumin Seeds

Studies suggest that cumin may help regulate blood sugar levels. It may improve insulin sensitivity and aid in the body's ability to utilize glucose effectively, potentially benefiting individuals with diabetes or managing blood sugar concerns.



## Cloves

Cloves are rich in eugenol, a compound with potent anti-inflammatory properties. This may help alleviate symptoms of conditions like arthritis, rheumatism, and muscle pain.



## Turmeric Powder

Curcumin may improve cognitive function, memory, and protect against neurodegenerative diseases like Alzheimer's by reducing inflammation and oxidative stress in the brain.



## Coriander Seeds

Coriander seeds are rich in antioxidants, which help combat free radicals that can damage cells and contribute to heart disease.





## **Black Pepper**

Piperine in black pepper enhances the bioavailability of various nutrients, including curcumin (turmeric), beta-carotene (vitamin A), and selenium. This means your body gets more out of the food you eat.



## **Cardamom**

The compounds in cardamom may stimulate digestive enzyme production, aid digestion, and alleviate symptoms of bloating and discomfort.



## **Fennel Seed**

Fennel Seed is rich in antioxidants that fight free radicals in the body, potentially reducing the risk of chronic diseases like cancer and heart disease.



## Red Chili Powder

Red chili powder contains powerful antioxidants that can fight free radical damage and potentially reduce the risk of chronic diseases like cancer and heart disease.



## Green Chilli

Green chilies are a good source of vitamins, including vitamin C, vitamin A, and vitamin K. They also contain minerals like potassium, iron, and copper.



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