



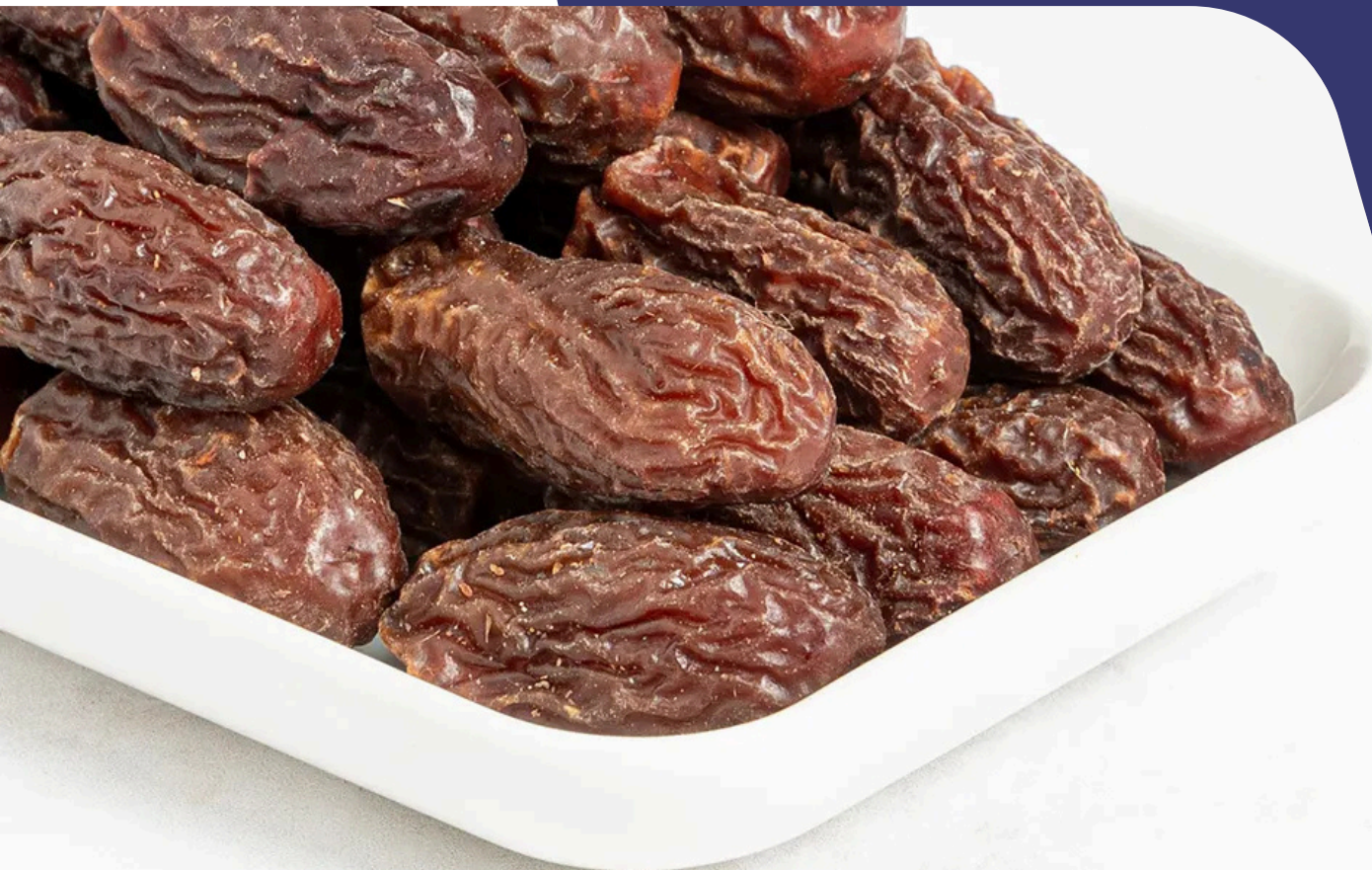
# **KOSHER INTERNATIONAL**

TRUSTED BY LEADING BRANDS

# What Are Roasted Dry Dates?

Roasted dry dates—also known as chuara—are sun-dried, natu-

rally sweet fruits derived from fresh dates. Unlike regular dates, these are dehydrated and then lightly roasted to enhance flavor, increase shelf life, and bring a satisfying crunch. At Kosher Pvt Ltd, we select the finest-quality dates, roast them under hygienic, kosher-certified conditions, and deliver a wholesome, nutrient-rich snack that's perfect for health-conscious individuals. These roasted dates are 100% natural, contain no added sugar, and are a powerhouse of energy, fiber, and essential minerals like potassium and magnesium. Traditionally enjoyed in South Asian and Middle Eastern cultures, they're now gaining global popularity for their unique taste and wellness benefits.



# Top Health Benefits of ROASTED DRY DATES

Kosher Private Limited – Your Reliable Adhesive Partner

## 1 Natural Energy Booster

Roasted dry dates provide quick and sustained energy from natural sugars — perfect for students, athletes, or long working hours.

## 2 Supports Digestive Health

High dietary fiber promotes smooth digestion, prevents constipation, and supports a healthy gut.

## 3 Health Friendly

Cholesterol-Free and rich in potassium—helps regulate blood pressure and support cardiovascular health.

## 4 Rich in Antioxidants

Helps fight harmful free radicals, reducing inflammation and boosting your immune system.

## 5 Strengthens Bones & Muscles

Loaded with calcium, magnesium, and iron — supports strong bones, better muscle function, and overall vitality.

## 6 Vegan & Kosher Certified

Free from animal products, dairy, gluten, and artificial additives. Prepared under clean, ethical, and kosher-certified standards.

### ***Versatile, Delicious & Easy to Add to Your Daily Routine***

Roasted dry dates are not just healthy—they're incredibly versatile too. Whether you're looking for a quick snack or a nutritious ingredient for your favorite dishes, here's how you can enjoy them:

1. Eat As-Is (Snack On The Go) A crunchy, satisfying, and naturally sweet snack—no preparation needed!
2. Add to Smoothies Blend a few roasted dates into your smoothies for an energy-rich, sweet flavor boost.
3. Mix into Salads or Trail Mixes Chop and toss them into salads, cereals, or trail mixes for texture and nutrition.
4. Use in Desserts & Baking Use chopped roasted dates in cakes, muffins, cookies, or date balls.

# Our Certification

We continuous efforts, Excellence and innovation, we have earned many international accredited Certification ISO9001, ISO14001, PK-QMS-011976 and are an active member of SGIA. We have maintained OEKO-TEX Standard 100 class 1 and are the only approved company to have held this honor in Pakistan

## CONTACT US

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