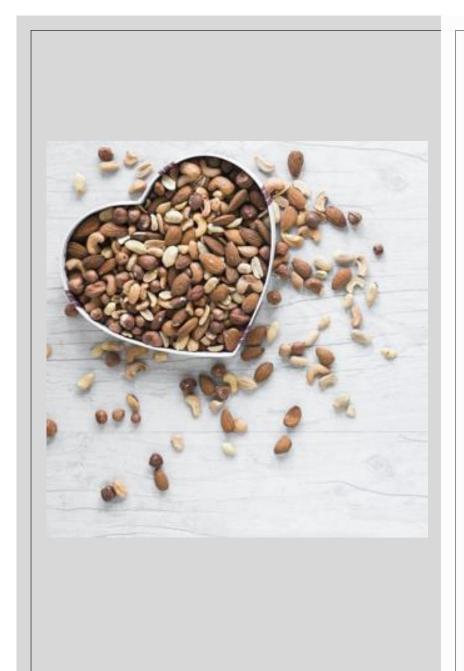
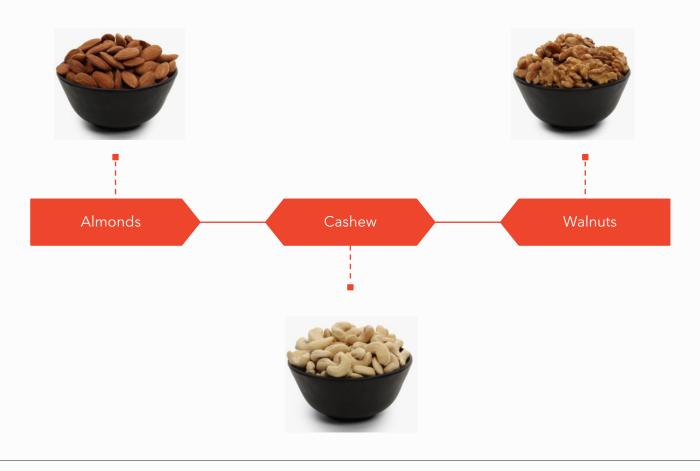


**Premium Quality Dry Fruits** 





# Premium and Exotic Afghani Dry Fruits and Nuts



### Almonds

#### **Benefits of Almonds**

- Improves Digestion
- Strengthens Bones
- Reduce Cholesterol
- Helps in Weight loss
- Improves Immune System
- Reduces Heart Disease
- Good for Skin and Hair Health





### Cashews

#### **Benefits of Cashews**

- Reduces the Risk of Diabetes
- Boosts oral health and bones
- Helps in curing cancer
- Reduces the risk of anaemia
- High in Vitamins

### Walnuts

#### **Benefits of Walnuts**

- Assists Healthy Blood Formation
- Assists Growth Development
- Improves Brain health
- Improves Metabolism
- Improves Digestive System
- Helps in Weight Loss
- Improves Immune System



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