

mazafati dates wiki, ajwa dates benefits during pregnancy, zahidi dates nutrition facts

Christmas is a time when we consider of family members get-togethers and abundance. It includes healthier amounts of pyridoxine (vitamin B-6), niacin, pantothenic acid, [Medjool Dates](#) and riboflavin. Reduce the amount of processed foods you consume. We are an Iranian company in the fresh fruits, vegetables, dry fruit & nuts.

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The best supplying nations are Saudi [Check out here](#) Arabia, China, and United Kingdom, which provide 48%, 11%, and 11% of mabroom datesâ respectively. You can also choose from ad, fd. [Iran Dates Factory](#) There are 56 piarom dates iran suppliers, mainly located in Middle East. Arti : Material yang bereaksi cukup keras dengan air.