



VIRA GROUP

NUTS & DRIED FRUITS

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ALMOND

Sweet almonds are edible. But from that type of oil, which is usually used as a seasoning in food, almonds are made from vitamin E, calcium, magnesium, potassium, and iron, which are useful for the body. Almond is a local product, but it has been planted in Europe and America for a long time. Almonds contain magnesium and potassium. When there is enough magnesium in the bloodstream, it can transport the body and nutrients faster and prevent the heart rate from increasing. Almonds have much more magnesium than oats or even spinach.



DRIED APRICOTS

The negligible amount of calory in dried pulms make you the opportunity to use it in your daily healthy regime. Instead of calory , the fiber and antioxidants amounts are enough to improve the digestive system performance . The main point in its production procedure is the packing methodology. Beacuase both healthy and fresh maintenance consideration should be considered in this matter , VIRA GROUP is one of the most successful companies where beside the consideration of two mentioned point , the attractiveness if the packages is taken into account.



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DRIED DATES

Many types of this product can be found based on the geography . its history dates back to 50 million years ago and is known as a traditional and tonic fruit. Decreasing cholesterol , treatment of constipation and increasing energylevel and bone health are main benefits of dried dates.

According to the high amount of exported dates in long distances and necessity of preserving its quality . the dried version is used mostly by customers . Dried dates contains more calory than the fresh dates and so can be used as a energic meal. People who want to lose weight are advised to use it in a regular manner. This product is exporting by international company of VIRA GROUP to many countries allover the world



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DRIED FIG

This delicious production of VIRA GROUP is a dried version of grapes . Drying process is such a way that its nutrients be increased and so it is more beneficial than grapes. Raisins is originally from middle-east and then developed to other versions in europe. From the historical viewpoint,this good was used as a transaction currency and sport gift. It also was used as food poisoning treatment . According to the fact that VIRA is located on the main geography of this product and in relation with big raisins farmers the drying process of the product is performed using modern technology and in a healthy manner . The main goal is to preserve its benefits and give consumers a perfect feeling of eating this product.



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PISTACHIO

Pistachio is one of the popular products of this company which is rich in minerals, potassium, iron, calcium, zinc, copper, sodium and contains essential vitamins for body like vitamin C.

This company produces, packs and offers the highest quality Pistachio in different kinds of AHMAD AGHAEI, KALLE GHUCHI, FANDOGHI and AKBARI by means of its modern production technology. Pistachio is one of the best exporting goods of VIRA GROUP with the highest customer satisfaction.



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RAISIN

This delicious production of this company is a dried version of Grapes. Drying process is such a way that its' nutrients be increased and so it is more beneficial than grapes. Raisins is originally from middle-east and then developed to other versions in Europe. From the historical viewpoint, this good was used as a transaction currency and sport gift. It also was used as food poisoning treatment. According to the fact that VIRA is located on the main geography of this product and in relation with big raisins farmers, the drying process of the product is performed using modern technology and in a healthy manner. The main goal is to preserve its' benefits and give consumers a perfect feeling of eating this product.



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SAFFRON

Saffron (*Crocus Sativus*) is a wonderful plant which contains many healthy benefits like memory improvement, depression treatment and reduction of different cancers risk. This product is regarded by many food-industry companies in Iran as a main exporting good. Saffron can be produced in different quality levels depending on the cultivation methods. In order to reach the high-quality production, VIRA GROUP helps producers by consulting of experts in botanical and agricultural fields. Finally, an attractive and healthy packaging of the product has been resulted in our national and international customer high satisfaction level.



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SESAME

SEASAME as one of the healthiest raw materials for the production of cooking oil and use in the pharmaceutical, cosmetic, and health industries, this oilseed has a high value among the countries that consume it.

Pakistani sesame is one of the best sesames with high nutritional value, supplied from the best first-class producers



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WALNUT

Walnut is considered one of the most important and valuable dry and oil products in the world, and Iran is the third producer of walnuts in the world and ranks second in the world in terms of cultivated area. One of the characteristics of the exported walnut is its shell, which is very thin, and its kernel is also fatty and not black. Also, when you eat the exported walnut kernel, you can feel a good aroma and taste.



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