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Fresh Products to Our
Overseas Customer*

ZULI EXPORTS

Organic and 100% Fresh Products

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to get exting quote on organic and
100% fresh fruit*

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We Zuli Exports is a Kerala based import export company. we started our journey in 2022 by expanding our services to all over the world. We export mainly Fresh fruits, vegetables, spices, handicrafts etc.



we assure the quality of products and on-time delivery of goods The goal of our company is to keep the customer engaged with us for a long time and our honourable customer will be successful in their mission.

Trusted By Over
80+ Clients



OUR PRODUCTS



VEGITABLES



FRUITS



SPICES



COCONUT



HANDICRAFT





100% FRESH GUAVA

The White Indian Guava tree, similar to the Red Indian, originated in Florida. This particular guava has a smaller sized fruit, which grows from 2 to 3 inches around with a moderate amount of seeds. Choose Willis Orchards for top-quality guava trees for sale!

White Guava Pulp is extracted from manually harvested, mature, clean and ripe white guavas. The white guava pulp processing includes many steps such as - cutting, de-stoning, refining and packing. In case of aseptic packaging, the creamish white pulp is sterilized and then packed into aseptic bags. Stringent quality standards are followed at each stage of processing so that customers get premium quality white guava pulp. The sweet flavour and vitamin C in white guava pulp is ideal for use in the food processing industry for making products like fruit breads, cakes, tarts, muffins, pie-fillings, toppings, cereals, juices, strained fruit, fruit desserts and fruit drinks.

Benefits Of Guava

- ✓ Immunity Booster
- ✓ Improves Eyesight
- ✓ Stress-Buster
- ✓ Diabetes-Friendly
- ✓ Guava During Pregnancy
- ✓ Good for Your Brain
- ✓ Heart Healthy
- ✓ Beats Toothache
- ✓ Weight Loss

Leading Supplier of India Origin Fresh Cavendish Banana at Low Market Price for Bulk Purchase

Bananas are incredibly healthy, convenient, delicious, and one of the most inexpensive fresh fruits you can buy. This makes them an excellent choice for anyone interested in eating healthy. Bananas contain many essential nutrients and may benefit weight loss, digestion, and heart health.



One banana provides about 112 calories and consists almost exclusively of water and carbs. They hold little protein and no fat.

Benefits Of BANANA

- ✓ Rich in nutrients
- ✓ Support heart health
- ✓ Blood sugar levels*
- ✓ Digestive Health*
- ✓ Full of antioxidants
- ✓ Insulin sensitivity*
- ✓ Aid weight loss
- ✓ Full Of Pottesium
- ✓ Help you feel fuller

Vitamins C and B6

#3 POMOGRANATE



Indian Fresh

Pomegranate

is known for it's unique taste.

Pomegranates are low in calories and fat but high in fiber, vitamins, and minerals. Benefits include antioxidants, heart health, urinary health, exercise endurance, and more. They even contain some protein. Enjoy the nutritional benefits of pomegranate by eating the seeds, or arils, inside.

Benefits Of POMOGRANATE

- ✓ Rich in nutrients
- ✓ Digestive Health*
- ✓ Antimicrobial properties
- ✓ Urinary health
- ✓ Full of antioxidants
- ✓ Offer heart health
- ✓ Blood sugar levels*
- ✓ anticancer properties
- ✓ Help you feel fuller

Vitamins C and K

#4 FRESH APPLE



100% Organic and Fresh *Indian Apple*

An Apple is a sweet fruit which is very good for health. Apple is healthy in every form. It is a great source of Iron and Calcium. It also contains Dietary Fibre. With over 7,000 different cultivars available worldwide, it's no surprise that apples are the most widely consumed fruit globally.

Benefits Of POMOGRANATE

- ✓ Rich in nutrients
- ✓ Digestive Health*
- ✓ Antimicrobial properties
- ✓ Urinary health
- ✓ Full of antioxidants
- ✓ Offer heart health
- ✓ Blood sugar levels*
- ✓ anticancer properties
- ✓ Help you feel fuller

Vitamins

Have C and Much Fiber

#5 Avocado



100% Organic and Fresh

Avocado

Avocado is rich, creamy, and single-seeded fruit with a mild flavor. Scientifically, it is known as *Persea Americana* belongs to the family of Lauraceae. There are dozens of varieties of avocados, ranging in size, color, and texture. All are native to tropical climates, and when harvested, the flesh softens to a buttery texture that has become extremely

Benefits Of AVOCADO

- ✓ Rich in nutrients
- ✓ Digestive Health*
- ✓ Good for Liver
- ✓ Urinary health
- ✓ Full of antioxidants
- ✓ Offer heart health
- ✓ Good for Eyesight
- ✓ anticancer properties
- ✓ Rich in Vitamin K

Vitamins

K and Much More....!!



Best Selling Fresh

Chickoo

Chickoo is a high-calorie fruit offering 83 calories per 100 gram with an abundant source of fibres and vitamins. It is rich in vitamin A and vitamin C that help to build immunity and skin health. This fruit is a powerhouse of polyphenol compound tannin that possesses astringent, anti-inflammatory, anti-viral, antibacterial, and anti-parasitic characteristics.

Benefits Of CHICKOO

- ✓ Rich in nutrients
- ✓ Digestive Health*
- ✓ Source of energy
- ✓ Boost immunity
- ✓ Skin benefits
- ✓ Hair benefits
- ✓ Good for bones
- ✓ anticancer properties
- ✓ Cancer Benefits

Vitamins a, B, C, E



Best Selling Fresh

Grapes

Grape plants, fruit-bearing vines from the *Vitis* genus of the Vitaceae family, have been with us so long that fossilized leaves, stems, and seeds have been found in Northern hemisphere deposits from the Neogene and Paleogene periods, which cover a stretch of time between 2.6 million and 65 million years ago. Their colorful globe-like, juicy, sugary berries are what we call grapes, whether they come in blue, purple, red, pink, green, or amber.

Benefits Of GRAPES

- ✓ Rich in nutrients
- ✓ Boost immunity
- ✓ Blood pressure
- ✓ Diabetes
- ✓ Allergies
- ✓ anticancer properties
- ✓ Source of energy
- ✓ Constipation
- ✓ Cancer Benefits

Vitamins

B, C and K



Mango

Mango is native to India and Southeast Asia, and people have cultivated it for over 4,000 years. This fruit is not only delicious but also boasts an impressive nutritional profile.

#1. What are the benefits of eating Mango?

They are a great source of magnesium and potassium, both of which are connected to lower blood pressure and a regular pulse. Furthermore, mangos are the source of a compound known as mangiferin, which early studies suggest may be able to reduce inflammation of the heart. Mangos can help stabilize your digestive system.

#2. What are the nutrients in Mango?

These nutritious fruits are loaded with vitamins, minerals, and antioxidants that can support your overall health. One cup of mango contains 67 percent of your daily vitamin C and more than 8 percent of your daily copper, folate, vitamin B6, vitamin A, and vitamin E.

Vitamins B6, A, E, and More...!!



100% Organic and Quality

Fresh Orange

#1. What are the nutrients in Orange?

Every type of orange has more than 100% of your recommended daily amount of vitamin C. That's more than any other citrus fruit. The vitamin C in oranges helps to protect your cells from damage. It also boosts your immune system, your body's defense against germs.

Benefits Of ORANGE

- ✓ Improves Digestion
- ✓ Boost immunity
- ✓ Gives Glowing Skin
- ✓ Weight Loss
- ✓ Lowers Cholesterol Levels
- ✓ Anticancer properties
- ✓ Source of energy
- ✓ Heals Wounds Faster
- ✓ Blood Sugar Levels

Vitamins C and Folate

Dragon Fruit



Dragon fruit is juicy with a slightly sweet taste that some describe as a cross between a kiwi, a pear, and a watermelon. The seeds have a nutty flavor. It's naturally fat-free and high in fiber. It makes for a good snack because it can help keep you full for longer between meals.

#1. What are the nutrients in Dragon Fruit?

Dragon fruit is a low-calorie fruit that is high in fiber and provides a good amount of several vitamins and minerals. Given the high amount of fiber and magnesium, as well as the extremely low calorie content, dragon fruit can be considered a highly nutrient-dense fruit.

Benefits Of Dragon Fruit

- ✓ Rich in antioxidants
- ✓ Boost immunity
- ✓ Gives Glowing Skin
- ✓ naturally fat-free
- ✓ Lowers Cholesterol Levels
- ✓ Anticancer properties
- ✓ Source of energy
- ✓ Heals Wounds Faster
- ✓ Blood Sugar Levels

Vitamins C and other antioxidants,



Pineapple is an incredibly delicious, healthy tropical fruit. It's packed with nutrients, antioxidants, and other helpful compounds, such as enzymes that can protect against inflammation and disease. It's commonly eaten baked, grilled, or freshly cut. Pineapples are low in calories but boast an impressive nutrient profile.

#1. What are the nutrients in PINEAPPLE?

Eating fruits and vegetables of all types has long been associated with a reduced risk of many lifestyle-related health conditions.

Many studies have suggested that increasing consumption of plant foods like pineapples decreases the risk of obesity, overall mortality, diabetes, and heart disease.

Benefits Of PINEAPPLE

- ✓ Rich in antioxidants
- ✓ Boost immunity
- ✓ Inflammation
- ✓ naturally fat-free
- ✓ Digestion
- ✓ Anticancer properties
- ✓ Source of energy
- ✓ Asthma prevention
- ✓ Blood Sugar Levels

Vitamins C and other antioxidants,

#12 PAPAYA



Papayas contain high levels of antioxidants vitamin A, vitamin C, and vitamin E. Diets high in antioxidants may reduce the risk of heart disease. The antioxidants prevent the oxidation of cholesterol. When cholesterol oxidizes, it's more likely to create blockages that lead to heart disease.

#1. What are the nutrients in PINEAPPLE?

Papaya is rich in vitamins A and C, with many health benefits. One cup of fresh papaya chunks (145 grams) has 62 calories and 2.5 grams fiber. The USDA provides the following nutrition information for 1 cup (145g) of raw papaya sliced into one-inch cubes.

Benefits Of PAPAYA

- ✓ Rich in antioxidants
- ✓ naturally fat-free
- ✓ Improves Skin
- ✓ Protects Vision
- ✓ Digestion
- ✓ Allergies
- ✓ Supports Heart Health
- ✓ Anticancer properties
- ✓ Blood Sugar Levels

Vitamins A, C and Other...!!

#13 ONION

Category:

Vegetable



Onions are highly nutritious and have been associated with several benefits, including improved heart health, better blood sugar control, and increased bone density. It contains various vitamins, minerals, and potent plant compounds that have been shown to promote health in many ways. Onions are low in calories yet high in nutrients, including vitamin C, B vitamins, and potassium.

Benefits Of Onion

- ✓ Rich in nutrients
- ✓ Digestive Health*
- ✓ Antimicrobial properties
- ✓ Urinary health
- ✓ Full of antioxidants
- ✓ Offer heart health
- ✓ Blood sugar levels*
- ✓ Great Source of Vitamin C
- ✓ Help you feel fuller

Vitamins C and other antioxidants,





Green chillies are rich in vitamin C and beta-carotene, which are beneficial for the eyes. The potassium found in it helps in controlling heart rate and blood pressure and prevents hardening of the arteries. It also has antibacterial properties,

#1. What are the benefits of eating green chillies?

Green chillies are rich in vitamin C and beta-carotene, which are beneficial for the eyes. The potassium found in it helps in controlling heart rate and blood pressure and prevents hardening of the arteries. It also has antibacterial properties, which protect the body from infection.

#2. What are the nutrients in green chillies?

Green chillies may have nutritional benefits. Green chillies contain plenty of nutrients like carbohydrates, proteins, fibres and lipids. Green chillies also contain minerals like calcium, iron, sodium, magnesium, zinc and copper. Vitamins like vitamin A, vitamin C and vitamin B are also present

Vitamins A, B1, B2, B3, B5 and C

#15 DRUMSTICKS



Drumsticks are an excellent source of various vitamins, fibre, protein and phosphorus. These nutrient-dense vegetables can help manage diabetes and fight infections due to their antioxidant properties. In addition, they help protect against inflammatory diseases such as arthritis and heart diseases.

Every part of the drumstick might contain essential properties for human health; hence, it may be one of the crucial nutritional herbs. For many years, the drumstick has been used as traditional medicine. According to the Ayurvedic system of medicine, drumsticks may have potential use and be helpful for various diseases due to their high nutritional value, water retention and capacity for purification.

Benefits Of DRUMSTICKS

- ✓ For diabetes
- ✓ For wound healing
- ✓ Kidney Problems
- ✓ Stomach Problems
- ✓ Cancer Problems
- ✓ Offer heart health
- ✓ For Asthama and Fever
- ✓ Great Source of Vitamin C
- ✓ Help you feel fuller

Vitamins A, C, B1, B2, B6 and B9

#16 CARROT

Fresh Carrot



carrot, (*Daucus carota*), herbaceous, generally biennial plant of the Apiaceae family that produces an edible taproot. Among common varieties root shapes range from globular to long, with lower ends blunt to pointed. Besides the orange-coloured roots, white-, yellow-, and purple-fleshed varieties are known.

#1. What are the nutrients in Dragon Fruit?

Carrots have a wealth of antioxidants and offer many health benefits. They are good for your eyes, they can lower your risk of cancer. The vitamin C in carrots helps your body build antibodies that defend your immune system. Vitamin C also helps your body take in and use iron and prevent infections.

Benefits Of CARROT

- ✓ Rich in good for your eyes
- ✓ Boost immunity
- ✓ Gives Glowing Skin
- ✓ naturally fat-free
- ✓ Help control diabetes
- ✓ Anticancer properties
- ✓ strengthen your bones
- ✓ help with constipation
- ✓ Blood Sugar Levels

Vitamins C and other antioxidants,



Fresh Garlic

Garlic is a plant in the onion family that's grown for its distinctive taste and health benefits. It contains sulfur compounds, which are believed to be responsible for some of those health benefits.

#1. What are the nutrients in Dragon Fruit?

Garlic contains several vitamins and minerals, although a single clove doesn't provide much due to the small serving size. Each clove contains a small amount of vitamin C, zinc, calcium, iron, potassium, magnesium, vitamin E, vitamin K, and manganese, according to the USDA.

Benefits Of GARLIC

- ✓ Cough and Cold
- ✓ Boost immunity
- ✓ Good for Weight Loss
- ✓ Cardiac Health
- ✓ Help control diabetes
- ✓ Anticancer properties
- ✓ Brain Functioning
- ✓ Improves Digestion
- ✓ Blood Sugar Levels

Vitamins C, B6 and Manganese



potato, (*Solanum tuberosum*), annual plant in the nightshade family (*Solana-ceae*), grown for its starchy edible tubers. The potato is native to the Peruvian-Bolivian Andes and is one of the world's main food crops.

#1. What are the benefits of eating potato?

They're rich in vitamin C, which is an antioxidant. Potatoes were a life-saving food source in early times because the vitamin C prevented scurvy. Another major nutrient in potatoes is potassium, an electrolyte which aids in the workings of our heart, muscles, and nervous system.

#2. What are the nutrients in potato?

Potato skin contains fiber, which is important for digestive health. Different types of potatoes, especially those that come in other colors, contain more nutrients that have health benefits. In general, the darker the potato, the more antioxidants it contains. Sweet potatoes are a good source of vitamin A, an important nutrient for immunity and eye health. Purple potatoes are rich in antioxidants including anthocyanins which may prevent heart disease and cancer and boost brain health.¹

Vitamins A, B1, B2, B3, B5 and C

#19 TOMATO



Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. Fresh tomatoes are low in carbs. The carb content consists mainly of simple sugars and insoluble fibers. These fruits are mostly made up of water.

#1. What are the nutrients in PINEAPPLE?

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

Benefits Of TOMATO

- ✓ Rich in antioxidants
- ✓ Boost immunity
- ✓ Skin health
- ✓ Heart health
- ✓ Digestion
- ✓ Anticancer properties

Vitamins C and other antioxidants,



Lady Finger

Ladyfinger, popularly known as bhindi in India, is rich in nutrients. It is considered a good source of carbohydrates, proteins, vitamins, enzymes, calcium, potassium and many other nutrients.

#1. What are the nutrients in Dragon Fruit?

Ladyfinger contains vitamin K, folate, and iron. These are considered some of the natural nutrients that may help manage anaemia. It may also facilitate the production of haemoglobin, red blood cells and blood clotting. All these actions may protect against anaemia.

Benefits Of Lady Finger

- ✓ Rich in antioxidants
- ✓ Boost immunity
- ✓ For skin conditions
- ✓ For diabetes
- ✓ For obesity
- ✓ For bad cholesterol
- ✓ For colon cancer
- ✓ For stomach
- ✓ For osteoporosis

Vitamins C and other antioxidants,

A spice is a seed, fruit, root, bark, or other plant substance primarily used for flavoring or coloring food. Spices are distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavoring or as a garnish. Spices are sometimes used in medicine, religious rituals, cosmetics or perfume production. For example, vanilla is commonly used as an ingredient in fragrance manufacturing. Spices are one of the most important ingredients in Indian dishes. Indian Spices have been popular across the world for their unique flavor, aroma, and beautiful texture. Spices come with notable nutritional values and provide some major health benefits.



Benefits Of Spices

- ✓ Rich in antioxidants
- ✓ anticarcinogenic
- ✓ Source of energy
- ✓ anti-inflammatory
- ✓ glucose
- ✓ cholesterol-lowering
- ✓ antitumorigenic
- ✓ reduce risk of heart
- ✓ good cholesterol

#1 Bayleaf



Bay leaf is a good source of vitamin A, vitamin B6, and vitamin C. These vitamins are all known to support a healthy immune system. Bay leaf tea can help ease bouts of upset stomach. The tea is also very aromatic, which can help relieve sinus pressure or stuffy nose.

#2 Cinnamon

Cinnamon is a spice, sprinkled on toast and lattes. But extracts from the bark as well as leaves, flowers, fruits, and roots of the cinnamon tree have also been used in traditional medicine around the world for thousands of years. It's used in cooking and baking, and added to many foods.



#3 Clove



Cloves are best known as a sweet and aromatic spice, but they have also been used in traditional medicine. Cloves contain fiber, vitamins, and minerals, so using whole or ground cloves to add flavor to your food can provide some important nutrients.

#4 Turmeric

Turmeric is the spice that gives curry its yellow color. Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant.



#5 Green Cardamom



Cardamom is a spice with an intense, slightly sweet flavor that some people compare to mint. The seeds, oils and extracts of cardamom are thought to have impressive medicinal properties and have been used in traditional medicine for centuries.

#6 Garam Masala

Popular spices include garam masala, especially in Indian cooking. Its flavour is the key reason for its fame and has a variety of health benefits of garam masala. The popularity of garam masala is primarily due to its flavour character. It has a distinctive flavour because it's produced using various ingredi-



#7 Red Chili



Red chili powder not only adds a spicy taste and color to the dish but also has impeccable health benefits. It also keeps your intestine healthy by reducing harmful gut bacteria. Thus, no more formation of gas or experiencing acidity.

#8 Garlic Powder

Garlic contains compounds with potent medicinal properties. It is highly nutritious but has very few calories. It can help protect against illness, including the common cold. The active compounds in garlic can reduce blood pressure.



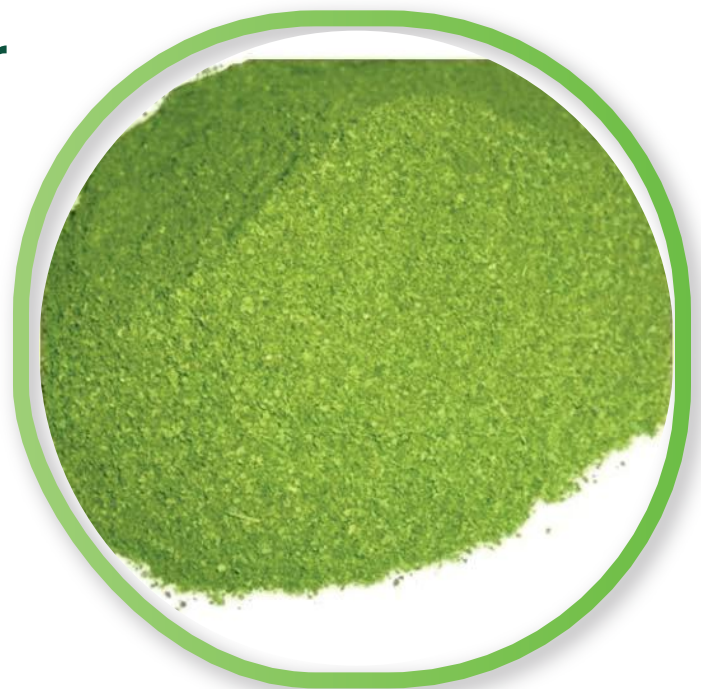
#9 Onion Powder



Onion powder is used as a type of seasoning and is the concentrated flavoured powder obtained from dehydrated onions. The dehydrated form is made of finely ground, dehydrated onions, usually from the bulb onions, and has a strong pungent odour. As it is completely dehydrated, it has a longer shelf life.

#10 Green Chili Powder

Green chilli powder contain plenty of nutrients like carbohydrates, proteins, fibres and lipids. Green chillies also contain minerals like calcium, iron, sodium, magnesium, zinc and copper. Vitamins like vitamin A, vitamin C and vitamin B are also present.



COCONUT

Coconuts are the large seeds of coconut palms which grow in tropical climates. Their brown, fibrous husks conceal the meat inside. As the oil and milk from this fruit have become increasingly popular, many people may wonder how to use coconut meat and whether it offers health benefits.



Coconut is the fruit of the coconut palm which is commonly used for its water, milk, oil, and tasty meat. Coconut trees are considered the most naturally widespread fruit tree on the planet and are native to Southeast Asia and the islands between the Indian and Pacific ocean. Today, coconuts are cultivated around the globe and have become increasingly popular for their flavor, culinary uses, and many potential health benefits.

Vitamins A, D, E, and K



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HANDICRAFT



A handicraft, sometimes more precisely expressed as artisanal handicraft or hand-made, is any of a wide variety of types of work where useful and decorative objects are made completely by one's hand or by using only simple, non-automated related tools like scissors, carving implements, or hooks. It is a traditional main sector of craft making and applies to a wide range of creative and design activities that are related to making things with one's hands and skill, including work with textiles, moldable and rigid materials, paper, plant fibers, clay etc. One of the oldest handicraft is Dhokra; this is a sort of metal casting that has been used in India for over 4,000 years and is still used. In Iranian Baluchistan, women still make red ware hand-made pottery with dotted ornaments, much similar to the 5000-year-old pottery tradition of Kalpurgan, an archaeological site near the village. Usually, the term is applied to traditional techniques of creating items (whether for personal use or as products) that are both practical and aesthetic. Handicraft industries are those that produce things with hands to meet the needs of the people in their locality without using machines.



WHY CHOOSE US



We **Zuli Exports** is a Kerala based import export company. we started our journey in 2022 by expanding our services to all over the world. We export mainly Fresh fruits, vegetables, spices, handicrafts etc. we assure the quality of products and on-time delivery of goods. The goal of our company is to keep the customer engaged with us for a long time and our honourable customer will be successful in their mission.

Why We Better Than Others



100% Fresh Product



Everyday Fresh



Pesticide Free



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