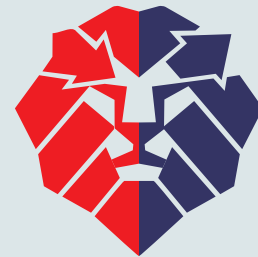


COMES TO YOU FROM
SPICE GRADENS OF
INDIA



LEO
INTERNATIONAL

Best Quality Spice Ever





Black Pepper



BLACK PEPPER

Salt's partner on Western tables & world's most traded spice

Black pepper (*Piper nigrum*) is a flowering vine in the family Piperaceae, cultivated for its fruit, which is usually dried and used as a spice and seasoning. Dried ground pepper has been used since antiquity for both its flavor and as a traditional medicine.

Health Benefits of Black Pepper

- Good for the Stomach
- Weight Loss
- Skin Health
- Antibacterial Quality



GRADES

Black Pepper Whole G1
Black Pepper Whole G2
Black Pepper TBC

Black Pepper Coarse Cut
Black Pepper Powder

WHITE PEPPER

Amazing health benefits ever

White pepper (*Piper nigrum*) is a flowering vine in the family Piperaceae. Black and white peppercorns are both the fruit of the pepper plant, but they are processed differently. Black peppercorns are picked when almost ripe and sun-dried, turning the outer layer black.



Health Benefits of White Pepper

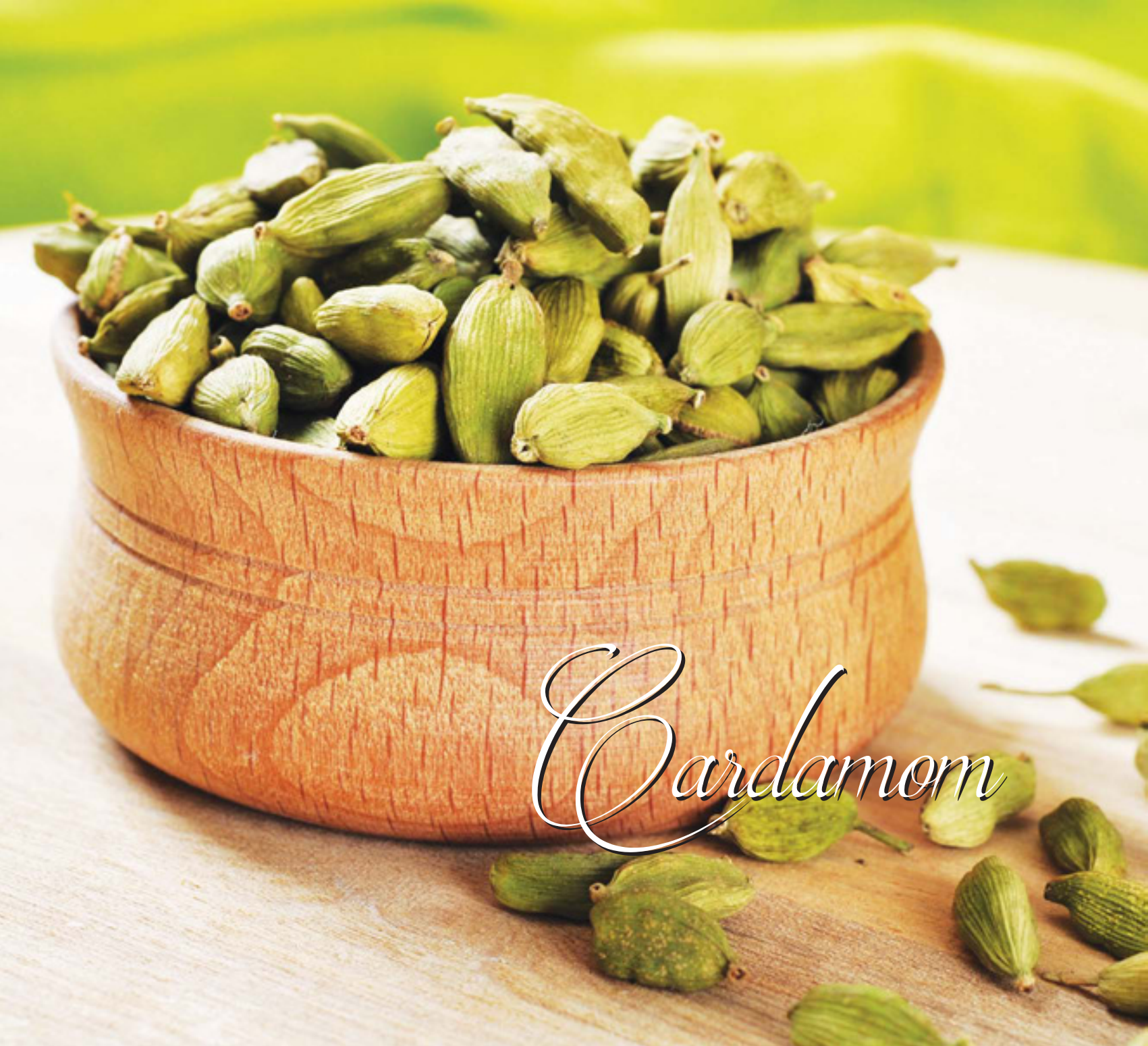
- Pain Relieving
- Arthritis Aid
- Weight Loss
- Cancer Cure



GRADES

White Pepper Whole G1
White Pepper Whole G2

White Pepper Powder



Cardamom



CARDAMOM

Ideal spice with many health benefits

Cardamom is a seed pod, known for centuries for its culinary and medicinal properties. This aromatic spice is native to the evergreen rain forest of southern Indian Kerala state and grown in only a few tropical countries.

Health Benefits of Cardamom

- Anti-Carcinogenic Properties
- Good for Cardiovascular Health
- Control of Cholesterol
- Anti-Depressant



GRADES

Cardamom
Cardamom Whole G1
Cardamom Whole G2

Cardamom TBC
Cardamom Powder



Cinnamon



CINNAMON

Highly delicious spice ever

Cinnamon spice is one of the highly prized items that has been in use since biblical times for its fragrance, medicinal and culinary properties. This delightfully exotic, sweet-flavored spice traditionally obtained from the inner brown bark of *Cinnamomum* trees which when dried rolls into a tubular-sticks, known commercially as "quill."

One tablespoon of ground cinnamon contains:

- 19 calories
- 0 grams of fat, sugar, or protein
- 4 grams of fiber
- 68% manganese
- 8% calcium
- 4% iron
- 3% Vitamin K



Health Benefits of Cinnamon

- High Source of Antioxidants
- Contains Anti-inflammatory Properties
- Protects Heart Health
- Fights Diabetes



GRADES

Cinnamon Quills C5
Cinnamon Quills C4
Cinnamon Chips

Cinnamon Broken
Cinnamon TBC
Cinnamon Powder

Turmeric





TURMERIC

Symbol of purity, prosperity and fertility

Turmeric powder is a bright yellow powder made by dry grinding of mature turmeric rhizomes. The use of turmeric for coloring & flavoring food, for cosmetic purposes and for medicinal properties. Turmeric is highly therapeutic and is used in various drugs and pharmaceuticals mainly because of its immunity boosting and anti-oxidant properties.

This spice has almost no calories and zero cholesterol. It is rich in dietary fiber, Iron, Potassium, magnesium & vitamin B6.

Health Benefits of Turmeric

- Boosts Immunity
- Protects Against Certain Liver Diseases
- Controls Development of Type 2 Diabetes
- Helps Promote Weight Loss



GRADES

Dried Turmeric whole
Dried Turmeric Slices

Fresh Turmeric Whole
Turmeric Powder



Ginger



GINGER

The Healthiest and Most Delicious Spices on the Planet

Ginger has a long history of use for relieving digestive problems such as nausea, loss of appetite, motion sickness and pain. The root or underground stem (rhizome) of the ginger plant can be consumed fresh, powdered, dried as a spice, in oil form or as juice.

Health Benefits of Ginger

- Helps Calm Nausea and Vomiting
- Digestive Tract Protection
- Brain Health
- Supports Stable Blood Sugar



GRADES

Ginger Slices
Ginger Powder

Ginger TBC
Ginger OP Cut

Clare





CLOVE

Accompanied by an incredible variety of traditionally-recognized nutrients

Cloves are one of the highly prized spices, widely recognized all over the world for their medicinal and culinary qualities. The spices actually are the "flower buds" from evergreen rain-forest tree. Cloves are high in vitamins, minerals and fiber. However, the component responsible for clove's powerful effects and odor is a substance called eugenol.

Health Benefits of Clove

- Antioxidant Properties
- Nausea and vomiting
- Cough and breath
- Treats and Removes Acne



GRADES

Clove Whole Hand picked
Clove Whole G1
Clove Whole G2

Clove Powder
Clove TBC



Nutmeg



NUTMEG

Well- liked spice all over the world

Nutmeg is a delicate, slightly sweet spice that is widely used in cuisines around the world, including both Asian and western recipes.

Health Benefits of Nutmeg

- Pain Relief
- Digestive Health
- Brain Health
- Blood Pressure and Circulation



GRADES

Nutmeg Whole G1
Nutmeg Broken

Nutmeg Powder



MACE

Commands higher price and special place in the kitchen spice box

Mace spice is a dried, outer aril, enveloping firmly around the nutmeg kernel. Nutmeg kernel and mace arils indeed are two separate spice products of same nutmeg fruit.

Health Benefits of Mace

- Digestive Health
- Treatment and Prevention of Cancer
- Pain Relief
- Breath Freshener



GRADES

Nutmeg Whole G1
Nutmeg Broken

Nutmeg Powder



Curry Leaves

CURRY LEAVES

Aromatic and flavoring for most curries and soups.

Curry leaves are natural flavoring agents with a number of important health benefits, which makes your food both healthy and tasty along with pleasing aroma.

Health Benefits of Curry Leaves

- Stops Diarrhea
- Gastrointestinal Protection
- Antioxidant Properties
- Anti-Diabetic Properties



GRADES

Curry Leaves Whole

Curry Leaves Powder



Curry Powder

CURRY POWDER

A readily-available blend of spices

A blend of strongly flavored spices popular in Eastern Indian cooking that are ground into a finely powdered substance.

Health Benefits of Curry Powder

- Cancer Prevention
- Pain Relief and Inflammation
- Heart Health
- Bone Health



GRADES

Unroasted Curry Powder

Roasted Curry Powder



Overseas Marketing By Leo International

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