



TUTTO PER LA SALUTE  
by Persit Star®

2021  
**Dates**  
The Persian pearls



[www.tuttoperlasalute.com](http://www.tuttoperlasalute.com)

# Dates

“Tutto per la Salute” is a brand of Persit Star S.r.l., which is a Company based in Italy that imports and exports its products worldwide.

We import, distribute and guarantee the supply of different types of food, yet we mainly imports and distributes dry fruits, saffron and dates. We believe that experience and reliability are the key values needed for meeting our customers’ satisfaction and happiness. With the hereby brochure we would like to present the Persian dates, which represents a top quality product at a competitive price.

Persian dates are very different from the ones that comes from Nord- Africa. For example: the peel is much thinner, the inner pulp is more tasty and it is such oily that nearly melts in one’s mouth. Hence, the fresh Persian Dates have an easy to digest pulp and contain non refined sugar such as, fructose and dextrose. For this reason Persian Dates are considered to be a revitalizing fruit that is useful for those who suffer from lack of energy.

Available in both retail and wholesale packaging, with our brand or private label.

## Proprieties

Given the high energy providing power, the consume of the Dates is suggested for who follows a diet that requires lots of energy. Particularly, it is suggested for physical weakening and weariness cases. Moreover, just because the fruit pulp is a great source of magnesium and the dates absorbs the land minerals as a sponge, they represent the mine of these important minerals. As a matter of facts, it contains about 50-60 mg of magnesium per 100g of product. Dates also contain Vitamins B1, B2 and B6 iron, potassium, copper, zinc, calcium, manganese and phosphorus. Tyrosine is only essential amino acid that is missing to the Dates composition.



## Nutritional Values

Carbs 18mg, proteins 0.4mg, cholesterol 0mg, fibers 1.6mg, vitamina A 35.8IU, vitamina K 0.6mcg, niacina 0.4mg, vitamina B 60.1mg, folat 3.6mcg, calcium 15.4mg, iron 0.2mg, phosphorus 14.9mg, magnesium 13mg, zinc 0.1mg, copper 0.1mg, manganese 2mg.



## Mazafati :

Description	Moisture	Shelf life	Storage conditions	Harvest time	Place of origin
Dark brown to black Fleshy, Sweet, Soft Skin	15-35%	12-18 Months	0-5C	Mid august	Kerman



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