



بیج شدہ تاریخیں      پریمیم کی تاریخیں      عربی کی تاریخیں  
ARABIAN DATES | PREMIUM DATES | SEEDDED DATES





## ABOUT US

Ramadan began as a startup initiated by three friends who had a strong desire to start a new business from scratch for the benefit of many hearts. Initially, started as a business of trading dates, the venture could not receive the expected response, but this did not stop the founders. This is when they planned to work on the packaging and introduce the dates traded by them with all new packaging. Soon, the reach started spreading all across India. Each day, Ramadan is moving up the ladder of growth and success and giving a hard time to the existing competitors.

Our company believes in providing a fine quality that makes customers long for our products. The high-end customer service, and premium packaging help in growing sales to the highest point of success. Our tagline, "Dates for a healthy heart and healthy bones" emphasizes the nutritional value of dates in our day-to-day life. Arabian dates are considered the best in quality and are the healthiest way to kick start your day. The premium dates act as an immunity booster and serve as a dosage of energy as they are high in fibre, vitamins, iron, magnesium, and calcium.





# PRODUCT

## Ramadan Arabian Dates

Ramadan Dates is India's most premium and largest dates packaging company that focuses on making high-quality dates accessible to customers across all parts of India. Ramadan Arabian Dates are extremely healthy for the heart and the bones. The Arabian dates act as an effective immunity booster offering a high dose of energy to kickstart your day in the best way possible. The dates are loaded with high nutritional value such as dietary fibre, calcium, magnesium, iron and vitamins without adding extra fat, sodium and cholesterol to your diet. Thus, making them an apt choice for snack time or to make delicious and healthy smoothies. They are extremely beneficial for patients with kidney or skin disease.

### How to eat?

It is suggested to remove the seeds of the dates and wash them properly before eating or using them in any recipe.



## Ramadan Premium Dates



Ramadan Dates are producing the most premium quality of dates in India. Our premium quality dates are the perfect pick to treat and gift your loved ones. The selected dates packaged by us serve the ideal choice to savour sweetness in the most natural and organic form. With high nutritional value and concentration of antioxidants, intake of our premium dates on a regular basis improves brain functionality, bone health and skin, reduces the risk of cancer, protects kidneys, and adds strength to the nervous system. The anti-inflammatory agents present in the dates enhance their quality. The dates serve as a great snack and can be used as a natural sweetener.

### How to eat?

The correct way to consume the dates is to remove the seeds and wash them properly before eating or using them in any recipe.

## Ramadan Seeded Dates

Dates are highly recommended by many health experts for the nutritional values that they hold. Ramadan Date produces high-quality dates that promote a balanced and healthy diet. As the dates hold numerous benefits, Ramadan Dates aims to distribute these dates across Pan India with added convenience. With the high value of vitamins, minerals and antioxidants present in our dates, dates help to fight kidney problems, heart diseases, skin imperfections, intestinal disorders, obesity and digestive issues. Also known as khajoor, the seeded dates are used in many households across India as a natural sweetener and immunity booster. Now, you can easily order your stock of dates, thanks to the well packaged dates produced by Ramadan Dates.

### How to eat?

It is advised to consume the dates by removing the seeds and washing them properly before eating or using them in any recipe.



# PRODUCT

## Ramadan Golden Deseeded Dates

Healthy, tasty and full of vitamins, Ramadan Golden Deseeded Dates are excellent for blood circulation, bring a glow to your skin and help fight diabetes with regular consumption. These special deseeded dates are best to pair with tea time munching for a balanced flavour of sweetness. Being rich in essential nutrients such as fibre, calcium, sulfur, amino acids, manganese, iron, copper, potassium and phosphorus, the Golden Deseeded dates by Ramadan are a rich source of dietary fibre. The presence of vitamins such as A1, B1, B2, B3 and B5 helps enhance the benefits of dates. These nutritious and tasty deseeded dates are also helpful in losing weight as they help avoid overeating and pacify the feeling of hunger with their balanced sugar content.

### How to eat?

It is easier to consume the deseeded dates as all you need to do is wash them and drain the water before consumption.



## Ramadan Golden Seeded Dates



Ramadan Golden Seeded Dates come with a beautiful brownish-golden colour that makes them an alluring pick to gift family members and loved ones. Bring home the rich stock of dates by Ramadan, not just for gifting closed ones but also to follow a healthy lifestyle yourself. Apart from managing chronic diseases such as kidney problem, diabetes, obesity and heart trouble, dates are also helpful to maintain a healthy nervous system, prevent night blindness, boost energy and immunity. They also help cure constipation by increasing bowel movement and facilitate the digestive process with the help of the amino acid present in them. The high-quality packaging by Ramadan makes sure that the freshness and taste last longer, thus increasing the longevity of the dates.

### How to eat?

It is advised to remove the seeds of the dates and wash them thoroughly before consuming them.





# Benefits of Dates:

1. Dates are Highly Nutritious
2. Aids Healthy Bowel Movements
3. High Concentration of Anti-oxidants
4. Improves Brain Functionality
5. Facilitates Natural Labour
6. Reduces Risk of Cancer
7. Prevents Microbial Infections
8. Helps Fight Diabetes
9. Works as an Anti-Inflammatory Agent
10. Can Protect Your Kidneys
11. Can Improve Fertility Among Males
12. Promotes Bone Health
13. Adds Strength to Your Nervous System
14. Improves Your Skin
15. Reduces the Rate of Hair Loss
16. Helps Deal with Hangovers
17. Dates are Rich In Vitamins
18. Reduces the Chance of Getting Night Blindness
19. Dates are Excellent Sweeteners
20. Dates are Versatile



Pure.  
Wholesome.  
Goodness.



**Corporate Office:**

J - 42 Industrial Estate Site No 3 ,  
Panki , Kanpur 208009

**Packing Unit:**

J - 48 Industrial Estate Site 3 Panki ,  
Kanpur 208009

**Toll Free Number :** 18001218627

**Mail Id:** [customercare@ramadandates.co.in](mailto:customercare@ramadandates.co.in)

**Website:** [www.ramadandates.co.in](http://www.ramadandates.co.in)