

KALIVEN

*Production and Supply of
Sour Lemons and Lemon products*





Lime :

lime is sometimes green and is undoubtedly the most desirable fruit of an evergreen tree originally found in Asia; The whole fruit, with its pulp, juice, skin, and taste, is used for cooking as well as non-culinary purposes. Lime juice is often used for lemonade and other lemon drinks, the taste of which is undeniable. When it comes to the nutritional value of lemons, lime juice contains 6% citric acid, which has a sour taste and contains vitamin C, calcium, folate, vitamins b₆, b₉, b₁, and b₇, iron, magnesium, phosphorus, potassium, Zinc as well as sugar, carbohydrates, dietary fiber, fat, and protein. For this reason, lime is considered a miracle fruit.

Nutritional value of lime :

The nutrients in 100 grams of dried lime are as follows :

29 kcal of energy, 9.3 g carbohydrates, 1.1 g Protein, 2.8 g fiber, 11 micrograms folic acid, 53 mg vitamin C, 22 mg vitamin A, 2 mg sodium, 138 mg potassium, 26 mg calcium, 37 Mg copper and 8 mg magnesium.





Dried lime :

Dried lime is one of the lime products. In this method, the lime is cut into smaller pieces and then it is dried. Therefore, you have to consider the sufficient moisture and thickness in this fruit while choosing it, because dried lime with low thickness and moisture does not have the real taste of lime when eaten.

Dried limes are also a good source of vitamin C and contain significant amounts of minerals. This dried fruit has protein, carbohydrates, calcium, phosphorus, folic acid, niacin, and vitamin A. It also contains pectin, which is known as a soluble fiber effective in reducing fat and blood sugar because the total fat content of this nut is very low.



Properties of dried lime

1. Protection against digestive problems

Indigestion and constipation are two common gastrointestinal problems that can be treated with fresh lime.

The unique taste of this fruit stimulates the salivary glands and the enzymes that facilitate the digestive process, are easily released. In addition, limes contain a compound called flavonoids, which raises the level of bile and digestive acids, which together help digestion.

It goes without saying that this tropical fruit is an excellent source of potassium that improves diarrhea.

2. It prevents kidney stones

Kidney stones are usually the result of the accumulation of calcium stores. Kidney stones either come out of the body spontaneously through the urine or are crushed by a doctor and the crushed stones are excreted in the urine. Kidney stones are definitely a painful disease; One of the biggest benefits of drinking lime juice a day is its effect on the excretion of kidney stones through the urinary tract.



3. The rich source of vitamin C

limes are rich in vitamin C (ascorbic acid). This vitamin plays a key role in many of the body's reactions and is very important for our survival. Vitamin C is a water-soluble vitamin that the body cannot store in excess. So we need to take vitamin C on a daily basis and dried lime is one of the best options to absorb this vitamin.

4. Anti-aging skin

No one likes to see signs of aging on their skin, especially earlier than usual, Dried lime can help slow down the natural aging process. This feature of limes is due to the high amounts of vitamins A and C in them, which help produce collagen proteins in the body. Collagen helps slow down the natural aging process of the skin by protecting the blood vessels and connective tissue of the body.



5. heart health

Heart disease is always leading to death all over the world and is a great threat to human health, but eating dried limes can reduce the risk of these dangerous diseases.

As you know, these nuts are rich in potassium. Potassium has been proved to lower blood pressure, which is a major cause of heart attacks. Also, the antioxidant and anti-inflammatory properties of this dried fruit protect the heart against muscle inflammation and other pressures.

6. Bone and joint health

Eating dried lemons helps improve bone health because it is rich in calcium and vitamin C, which is involved in maintaining and improving bone health and reducing oxidative stress. Also, by including this dried fruit in your diet, you will be safe from diseases such as osteoporosis, rheumatoid arthritis, and rheumatism.

7. Natural mouthwash

Bad breath is due to the presence of bacteria in the mouth. The citric acid in dried lemon is a powerful killer of bacteria. Rest assured that by squeezing lemon juice in your mouth and completely circulating it in the space between your teeth and tongue, all the bacteria that are harmful to your mouth and teeth will be eliminated.





8. Reduce headache symptoms

If you noticed, headache reduction creams have similar compounds to lime. One of the properties of lime is that it can reduce headaches quickly. To use these properties of lime, apply it as an ointment on your forehead for a short time and wait for the pain in the forehead area to subside. To make lime juice more effective in reducing headaches, adding mint to the ointment can help more.

9. Treatment of colds and flu

A large amount of lime is made up of water, so this fruit has laxative as well as diuretic properties. It also lowers body temperature and fever, especially during the flu and cold. Lime has detoxifying properties, so its use is recommended in patients with colds and flu who also have a sore throat. In addition, the properties of this fruit are useful for the prevention of colds and cancer due to its richness in vitamin C.



10. Pregnant women and fetuses

Vitamin C in dried lime strengthens the immune system and maintains the health of the fetus and pregnant women. Dried limes contain high amounts of folate, which promotes fetal brain development and prevents neural tube defects in infants. Folate also produces new cells and new tissues and improves the birth weight of the baby.

The fiber content of this dried fruit is useful for treating constipation during pregnancy and the high potassium of dried lime reduces high blood pressure in pregnant women.

11. Reduce stress and anxiety

Another property of dried lime is to reduce stress and anxiety. In fact, limes have been shown to work as well as some anxiety-relieving and sedative drugs. By using the extract of this dried fruit or consuming its fruit, the level of your hormones is regulated and this calms your mind and body.

People who suffer from chronic stress and anxiety regularly. Taking a dried lime or taking a supplement containing it calms the mind and protects the body against the side effects of increased stress hormones.

Lemon juice

To make lemon juice, lime fruit is squeezed and a small amount of drinking water is added to dilute it. This is a simple and homemade method of preparing lemon juice.

Benefits of lime and properties of lemon juice

Drinking lemon juice before breakfast :

Drinking fresh lemon juice every morning is a great way to add lime to your diet and improve your health.

Lemon juice helps eliminate waste products because lemon increases the amount of urine in the body; Therefore, when you drink lemon juice every morning, toxins are released more quickly, and this helps keep your urinary tract healthy.

In addition, the citric acid in limes is effective in maximizing the function of enzymes, which stimulates the liver and detoxifies.

Daily consumption of very small amounts of lime juice reduces systolic blood pressure and it is recommended to follow it in the diet. Some people use lemon juice when preparing food, which plays an important role in the physical health of the body.



KALIVEN

KALIVEN

Properties of lime

Enjoy the benefits of drinking lemon juice every morning! limes have many health benefits that have been known for centuries.

Lemon juice is one of the most acidic foods that act in the body after alkaline digestion. It is interesting to know that an alkaline body is a much healthier body than an acidic one.

Flu treatment

Vitamin C in lemon helps to improve the severity and extent of cold symptoms.

Skin rejuvenation with lemon juice

Lemon juice contains vitamin C, flavonoids, and a variety of antioxidants that help rejuvenate the skin.

In fact, by consuming lemon juice, vitamins are absorbed by the skin and the skin is cleansed. If lemon juice is consumed regularly, over time, facial pimples will disappear and the skin will become clear.



Helping the body absorb nutrients

Another effect of drinking lemon juice before breakfast is that it stimulates the digestive system and increases the body's ability to absorb nutrients. Poor absorption of these substances can cause you to feel hungry.

Visual aid

Due to its antioxidant and antibacterial properties, lemon protects the eyes against infections and prevents the development of cataracts.





Respiratory problems

Drinking a mixture of warm water and lime eliminates waste products. This drink also causes more bile secretion and eliminates problems such as constipation and heartburn.

Improve digestion

If you have digestive problems, lemon juice can be a great option to improve this condition.

This drink not only improves the symptoms of indigestion, such as bloating, constipation, heartburn, and sore throat but also helps eliminate toxins in the gastrointestinal tract.





KALIVEN

Dried lime slices

Dried lime slices, which is the result of cleaning and drying the lime kernel and removing its core, is more used in a variety of foods.

Usage of dried lime slices

Dried lime slices is used as a flavoring in stews and foods. In addition, it can be used to prepare detox water and flavor water, to prepare lemonade and tea, to drink lemonade, and flavor cooked foods, soups, sauces, meats, and vegetables.

Storage if dried lime slices

It is always recommended to keep the dried lime slices in a dry, cool place away from sunlight and moisture. Proper maintenance of Omani slices (dried lime slices) preserves its properties and long-term use. In addition, try not to put any pressure on this product because it will affect its high quality.



KALIVEN

Tel : +989398079170

