



your trust is our strength

# Bolan Dates

*Best Quality Dates Suppliers*



"Experience the Rich Flavor and Natural Goodness  
of Premium Dates."

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

# Bolan Dates Import & Export

**Bolan Dates** specializes in cultivating, processing, and exporting high-quality, organic dates worldwide. We ensure premium quality through sustainable farming, state-of-the-art processing, and strict quality controls. Our wide variety of dates is carefully harvested, processed, and packaged to meet international standards, offering fresh, nutrient-rich dates to global markets. With a focus on sustainability and excellence, Bolan Dates brings the finest natural dates from farm to table.

## Type of Dates

Dates come in a variety of types, each offering distinct flavors and qualities. Here are some popular varieties offered by Bolan Dates:



**Popo Dates**



**Khushench Dates**



**Yak'Musht Dates**



**Jawan Sore Dates**



**Mozawati/Muzati Dates**



**Shakri Dates**



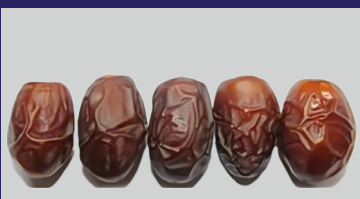
**Zard Dates**



**Haleni (Chohara) Dates**



**Roghni (Bulaidi) Dates**



**Talari Dates**



**Sherin Dates**



**Pard Dates**

# Health Benefits Of Date Fruit

**Boosts Digestive Health:** Bolan Dates are rich in fiber, aiding digestion and preventing constipation.

**Provides Natural Energy:** Packed with natural sugars, Bolan Dates offer a quick energy boost and a healthy alternative to processed snacks.

**Enhances Heart Health:** High in potassium and antioxidants, Bolan Dates help regulate blood pressure and reduce heart disease risk.

**Supports Bone Health:** Essential minerals in Bolan Dates, like calcium and magnesium, promote strong, healthy bones.

**Rich in Antioxidants:** Bolan Dates combat free radicals with antioxidants, reducing inflammation and protecting cells.

**Aids in Anemia Prevention:** High in iron, Bolan Dates support red blood cell production and help prevent anemia.

**Regulates Blood Sugar Levels:** Natural sugars and fiber in Bolan Dates stabilize blood sugar levels, suitable for managing diabetes.

**Promotes Healthy Skin:** Vitamins and minerals in Bolan Dates nourish the skin, improving elasticity and reducing aging signs.

**Supports Brain Health:** Bolan Dates, with vitamin B6 and other nutrients, enhance memory, concentration, and cognitive function.

**Enhances Immune Function:** Vitamins, minerals, and antioxidants in Bolan Dates strengthen the immune system and overall well-being.



# A Summary of Dates Health Benefits




Enjoy the multitude of health benefits Bolan Dates offer while indulging in their natural sweetness and rich flavor!


## Dates are great for:


- Weight loss
- Relieving constipation and supporting regular bowel movements
- Promoting heart health and reducing heart disease risk
- Treating diarrhea
- Iron-deficiency anemia
- Lowering blood pressure
- Boosting fertility
- Supporting pregnancy and easing deliveries
- Hemorrhoid prevention
- Managing chronic conditions like arthritis
- Reducing colitis risk
- Preventing colon cancer




## CONTACT US!

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