



Frozen Prunes

Specifications :

Price	Contact us
Place of Origin	China
Min.Order Quantity	100
Payment Terms	T/T,L/C,D/P
Supply Ability	10000
Delivery Detail	3days-7days

Detail Introduction :

Prunes are a kind of fruit, which is more nutritious. The efficacy and role of prunes are as follows: 1, prunes are rich in nutrients, including dietary fiber, vitamin A, minerals, trace elements, etc., can be used as a health food; 2, prunes have high iron content, can play a blood tonic effect; 3, prunes are rich in vitamin A, vitamin C, and dietary fiber, can protect human skin and hair pole, promote the growth of bone cells, muscle development, to prevent vascular sclerosis, protection of teeth, etc.; 4, prunes are rich in dietary fiber, potassium ions, boron, folic acid, bitter acid, and other dietary fiber, can promote intestinal peristalsis, etc.; 5, prunes contain antioxidants, can delay the body and brain aging effect; 6, can prevent cardiovascular diseases, prevent cataracts; 7, prevention and control of chronic diseases.

Product Name: IQF frozen prunes

Size:1/2 Cut

Package:Outer package: 10kg carton

Inner package: 1kg, 2.5kg, 10kg

or as your requirement

Stow:22-24mts/40 feet container according to a different package.

MOQ: Any quantity can be mixed with other products

Shelf Life:24 months in -18°C storage

Delivery Time

10-15 days after confirmation of order or receipt of deposit

Supplying Period: All the whole year

Certificate: HACCP, BRC, KOSHER, ISO

What happens if you eat prunes every day?

Eating too many prunes and other dried fruits, like raisins and figs, can lead to or worsen diarrhea due to their high fiber and sorbitol content. Both can have a laxative effect on the body.