



Fraiza

HALAWA & TAHINA



Benefits of Halawa Tahina

Tahina Halawa contains many benefits, through this website you can train yourself recognized as the most prominent of these benefits.

1. Sesame oil maintains overall the health of men & women; it contains 20% high quality proteins, and 50% harmless fat, calcium, iron and vitamins B1, B2 and vitamin D.
2. This Halawa is the source of energy for the body, it increases muscle strength.
3. This Halawa activates the cells and tissues perfectly, and increase the effectiveness of its functions.
4. This Halawa increases the body protection from cancer, heart disease and premature aging, and prevent the risk of atherosclerosis.
5. This Halawa protects the human body from the skin and colon cancer.
6. This Halawa protects the skin generally, and active functions of the gut.
7. This Halawa help digestion, and clear constipation.
8. This Halawa consummates the presence worms in the intestine.
9. It is an important food item to feed the blood vessels in the body.
10. Strengthen the body's immune reaction.
11. It is considered that this Halawa is the most important meal for postpartum (bleeding following childbirth) where it helps to generate more milk in the mother's breast.





Health Benefits of Tahini

1. Provides Excellent Nutritional Value.
2. Makes The Brain Strong
3. Boosts Heart Health
4. Provides Antioxidants
5. Supports The Immune System

Tahini has four important nutrients – iron, selenium, zinc and copper. These provide the much-needed support to the immune system. Iron and copper are included in enzymes that provide support to the immune system and also help in the production of white blood cells. Zinc helps in the development of white blood cells and aids them in their function of destroying germs. Selenium helps enzymes in performing their role, including producing antioxidants and antibodies, as well as helping the immune system function efficiently.

With 1 tablespoon of tahini, you get 9 to 12 percent of the recommended daily intake of iron, selenium, and zinc.



HALAWA TAHINIA PLAIN

Gross Weight

1800 Gm

Net Weight

1700 Gm

Fill In The Box

4 Pieces



Fraiza

HALAWA & TAHINA

HALAWA TAHINIA PLAIN

900 Gm

Gross Weight

900 Gm

Net Weight

845 Gm

Fill In The Box

8 Pieces



HALAWA & TAHINIA

HALAWA TAHINIA PLAIN



Gross Weight	100 Gm
Net Weight	100 Gm
Fill In The Box	72 Pieces

Gross Weight	600 Gm	300 Gm	150 Gm
Net Weight	650 Gm	275 Gm	130 Gm
Fill In The Box	12 Pieces	24 Pieces	48 Pieces



HALAWA & TAHINA

TAHINI

PLAIN



Gross Weight	18 Kg	16 Kg
Net Weight	17.280 KG	15.450 KG
Fill In The Box	1	1



HALAWA & TAHINA

TAHINI PLAIN



Gross Weight	300 Gm	150 Kg
Net Weight	280 Gm	135 KG
Fill In The Box	24 Pieces	48 Pieces

100%
Natural



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