



# HARVEST FROM HOMELAND



# **ABOUT US**

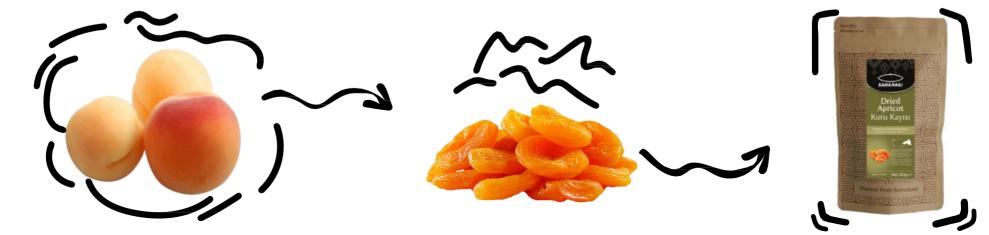
Our goal in creating brand SAHANAKI;

- Human labor and respect for nature
- Natural
- High Quality
- Accountability

- High Food Safety
- Pure
- Delicious
- Local

In Anatolia, the area where the harvest was one of the best products by selecting from our consumers to provide. Our products are carefully chosen appropriate to the standards our policies of universal food safety neat packaging, storage and we're trying to reach our consumers. Traceability from the farm to the consumer while following up with the last stages with the feedback of our consumers, we create processes to improve ourselves. Our research and development work with new and innovative products that fit with our principles of creating another goal. Practical, useful serving sizes with our options Your Home, Office, Sports, School, nature, or other daily use we want to give answers to. We wish our consumers with our products that we created with the goal of their satisfaction.



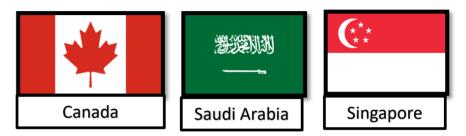


## Where we are?

### TURKISH DOMESTIC MARKET







### We are ready to cooperate with you





# **CUR PILLARS**



our commitment to the plane and ecosystems



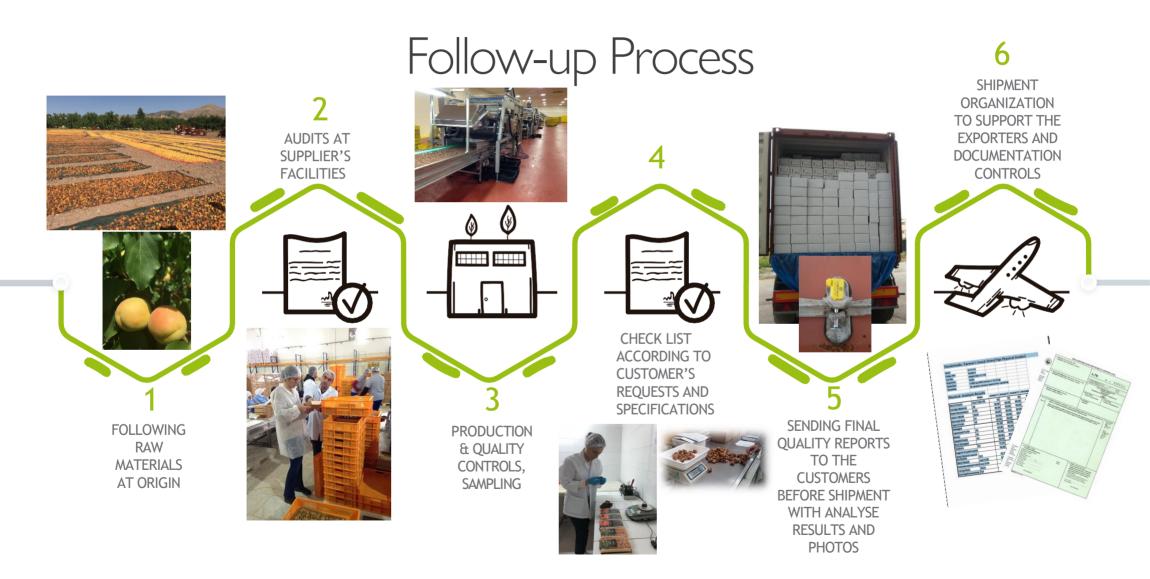


We offer healthyproducts that help to improve life quality of our final consumers.





We pursue to get equity and fair distribution of benefits with our team and with all our business partners.







Doraintrade granted with BRC certificate Global Standards for Agents & Brokers since August 2016. We have the honor of being the first BRC certified Agent / Broker in Turkey.



CERTIFICATED

Doraintrade also certified by Ecocert as an exporter of organic dried fruits.



# Sahanaki





Sahanaki is registered brand of Doraintrade
Dried Fruits range consist of dried figs, dried apricots, dried mulberries, raisins, infused dried strawberries, infused dried cherries and dried tomatoes...
Presenting at 56 Premium Migros, 44 MacroCenter and Taze Direkt online shop in Turkey.











www.sahanaki.com



## Dried Fig BENEFITS

**They are rich in fiber:** Figs are a good source of soluble fiber which helps in keeping you full for longer periods of time and relieves constipation.

They are rich in vital vitamins and minerals: Figs are rich in Vitamins A, BI and B2, manganese and potassium, magnesium, copper, iron, and phosphorus. The high level of potassium and low level of sodium gives relief to people with hypertension.

**Good source of calcium:** High calcium levels present in figs promote bone health.

**Boosts Immunity:** Its high mucilage content helps to heal and protect sore throats. They remove harmful oestrogen from the body: Excess oestrogen hormone in the body can lead to menopausal problems, ovarian, breast and uterine cancer, weight gain and mood swings. Figs help in the elimination if the excess hormone from our body thereby avoiding the risk of getting the above situations.

**They contain health boosting antioxidants:** Figs contain a type of antioxidant called phenol which helps in reducing the risk of heart diseases and various types of cancer. Get to know about Antioxidant rich foods.

Acts as a digestive aid: Figs also contain beta-carotene as well as benzaldehyde (anti-cancer compound), flavonoids and a digestive enzyme called ficin.



# Dried Apricot

BENEFITS

### Fight Anaemia:

Dried apricots are a very good source of iron that is useful to fight anaemia This also contains copper that absorbs iron. Including dried apricots in your daily diet helps in haemoglobin production that can be useful for women who experience heavy flow during periods.

### **Treats Constipation:**

Dried apricots have pectin. They also contain cellulose that is a mild laxative and treats constipation. Cellulose acts as an insoluble fiber and pectin maintains water levels in the body during constipation

#### **Improves Digestion:**

Dried apricots are consumed before a meal to stimulate digestion. This contains the alkali that neutralizes acids

### Helps In Reducing Fever:

Dried apricots help to reduce fever . Prepare a liquid or you can dilute with some honey using water. This can also give you relief from thirst.



## Natural Dried Apricot

BENEFITS

### **Dry Apricot Benefits For Skin:**

Dried apricots juice can be used to treat itching due to sunburn, eczema and scabies. This also helps to clear acne and many other skin problems .Apricot scrub is often used to exfoliate the skin.

### **Clean Digestive Tract:**

Dried apricots help to treat the digestive tract by acting as a mild laxative to flush out the unwanted wastes (6). This is useful to react with the body's digestive juices and produces more of an alkaline environment to clean the digestive tract.

### **Helps During Pregnancy:**

Dried apricot has been used as herbal medicine since long in pregnancy. This can cure infertility, hemorrhage and spasms. The paste of this dried fruit can cure vaginal infections. This must be consumed moderately by pregnant and lactating mothers. During pregnancy, dried apricot fruits serve as excellent snacks instead of eating sweets and other snacks



### **Turkish Sultana Raisins**

### BENEFITS

#### Rich in Fiber – Act as a Laxative

Raisins have an abundant supply of fiber in them, which helps to absorb the natural fluids present in the body. This adds bulk to the food moving through the intestinal tract and ultimately helps give relief from constipation. This type of fiber is considered insoluble fiber because it takes in water to gain volume.

A study by Dr. Gene Spiller, director of the Health Research and Studies Center of the Sphera Foundation in Los Altos, California, confirms that adding just two servings of raisins per day can improve colon function and may decrease the risk of colon cancer.

#### **Treat Bloating**

The fiber in raisins helps sweep out toxins and harmful materials from the digestive tract. This can protect people from intestinal diseases, bacterial growth, and discomfort from bloating.

#### **Prevent Acidity**

Raisins rich in potassium and magnesium, are a natural remedy for acidosis. Potassium and magnesium are two of the most common components of antacids because they are considered basic on the pH scale. Acidosis is a state of increased acidity of the blood (also known as toxicity of the blood) or the gases in our respiratory system that may cause boils, skin diseases, damage to the internal organs, gout, and renal calculi.



## **Turkish Sultana Raisins**

### BENEFITS

### Rich in Iron – Treat Anemia

Raisins contain a considerable amount of iron, which directly helps in the treatment of anemia. It also contains many members of vitamin B complex that are essential for the formation of new blood. The high copper content also helps in the production of red blood cells.

### Rich in Calcium & Boron – Promote Bone Health

Calcium, the main element of our bones, is present in raisins, and these dried fruits are one of the best sources of boron, a micronutrient (a nutrient required by the body in a very small amount). Boron is vital for the proper bone formation and efficient absorption of calcium.

It is particularly helpful in preventing osteoporosis induced by menopause in women and is very beneficial for bones and joints. Potassium is another essential nutrient found in high levels, which can help strengthen bones and promote bone growth, thereby reducing the chances of osteoporosis.



## Sun Dried Tomatoes

### BENEFITS

#### **Antioxidants**

Free radicals are natural byproducts of chemical processes in your body, but they damage cells and contribute to diseases, such as arthritis, cardiovascular disease and cancer. Antioxidants protect your health by neutralizing free radicals and lowering inflammation. One cup of sun-dried tomatoes provides 23 percent of the recommended daily intake of vitamin C and 16 percent of vitamin A. Vitamin C supports the immune system and neutralizes free radicals throughout the body. Vitamin A refers to a group of substances with different roles. As a vitamin, it's essential for vision and strengthens the immune system. Three other members of the vitamin A family – lycopene, lutein and zeaxanthin – work as antioxidants. One cup of sun-dried tomatoes has about 1 milligram of lutein and zeaxanthin and 25 milligrams of lycopene. Lutein and zeaxanthin protect your eyes from age-related diseases, such as cataracts and macular degeneration. All three exhibit anti-cancer activity, but lycopene is specifically associated with a lower risk of prostate cancer.



## Dried Mulberry

### BENEFITS

### **Digestive Health**

Like various other fruits and vegetables, mulberries too contain lots of dietary fiber. Dietary fiber helps in improving your digestion by bulking up stool and speeding up the movement of food through the digestive tract. This reduces the occurrences of constipation, bloating, and cramping.

### Improves blood circulation

The high iron content in mulberries can significantly boosts the production of red blood cells which helps the body to increase its distribution of oxygen to important tissues and organ systems, hence, helping to boost metabolism and optimize functionality of those systems.

#### Boosts your immune system

Vitamin C is a great weapon against any infection and foreign pathogens as it makes you stronger from within. Since it is not stored or produced in the body, you need to get it form your diet. A single serving of mulberries is almost the entire requirement of vitamin C for the day.



## Infused Strawberry

### BENEFITS

### Helps burn stored fat

The red coloring contains anthocyanins, which stimulate the burning of stored fat. When a group of animals was fed a high-fat diet along with anthocyanins, they gained 24 percent less weight than the animals eating the high-fat diet without added anthocyanins. (The Journal of Agriculture and Food Chemistry)

### **Boost short term memory**

The anthocyanins boost short term memory by 100 percent in eight weeks. (The Journal of Agricultural and Food Chemistry)

Low in Calories – High in Fiber

One cup contains only 54 calories.

### Ease Inflammation

Strawberries lower blood levels of C-reactive protein (CRP), a signal of inflammation in the body. In a study, women who ate 16 or more strawberries per week were 14 percent less likely to have elevated levels of CRP. (Harvard School of Public Health.)

### Lower cardiovascular disease

Flavonoids — which are responsible for the colour and flavour of strawberries lower the risk for heart disease.



## Infused Cherry Berry



### **Benefits of Vitamin C**

Add dried cherries to your diet and you'll also boost your intake of vitamin C. Each quarter-cup serving contains 8 milligrams of vitamin C -- 11 and 9 percent of the recommended daily intakes for women and men, respectively. Like copper, vitamin C boosts collagen production, so it contributes to tissue strength, and it protects you from free radicals. Getting enough vitamin C in your diet also supports new tissue growth and aids in wound healing after injury.

#### **Benefits of Vitamin A**

Dried cherries come packed with beneficial vitamin A. The vitamin A from your diet supports new cell growth, and it plays a role in wound healing and immune function. It also supports health vision and nourishes your skin. Each quarter-cup serving of dried cherries boasts a vitamin A content of 1,132 international units. This makes up 38 percent of the recommended daily intake for men and 49 percent for women.



## Super Snacks

BENEFITS

Our Super Snack mix includes an assortment of antioxidant-rich ingredients to cleanse your body and clear your mind. By combining fruits, nuts, and seeds- this combination offers an ample supply of nutrients in one tasty trail mix.



# Sun Dried Tomato Souce

### BENEFITS

### **Super Antioxidant Properties**

One of the biggest selling features of tomato juice is its antioxidant properties. It is particularly rich in betacarotene and lycopene, which are responsible for a tomato's deep red colour, and has been linked to reduce the risk of developing heart diseases. These powerful antioxidants and phytonutrients defend your body from free radicals that cause damage to your cells.

### Helps Regularise Digestion

Consuming tomato juice regularly may help stimulate the bowel movement, further preventing constipation and boosting digestion. Tomato juice is rich in fibre and functions as a mild laxative that can help prevent constipation. Consumption of this juice can keep constipation at bay.



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