

## **Product brochure :**

Shakiba Holding trading company is proudly engaged in the production, supply and marketing of Estahban dried figs to cover neighboring countries.

The company's activity includes the provision of packaging and marketing and processing of Estahban figs .

Esteban dried figs are one of the natural and nutritious products harvested from fresh figs. . Due to the favorable climate and fertile soil, it has a unique taste and quality.

Estehban figs have been registered as the fourth most important GIAHS system in Iran and the 75th world system in FAO.

Due to the fact that agricultural pesticides are not used in the production process of this product, this type of fig is considered as an organic product.

For this reason, it is highly popular in global markets, and this feature creates a competitive advantage for this Iranian product.

Estahban dried figs are divided into 4 types:

Big figs AAA

Medium fig AA

small figs A

Big size bud figs , 101 medium size, Green perak fig that Each of these types are classified based on shape and color.

## **Features:**

Unique taste: Dried figs have a sweet and pleasant taste.

Nutritious: It is rich in vitamins, nutrients and fiber that help the body to be healthy

No preservatives: Produced by natural methods without the use of chemicals

## **Properties:**

heart health: Help lower cholesterol and improve heart health

**It helps in digestion:** The fiber in figs helps improve the functioning of the digestive system.

**Strengthen bones:** It is a good source of calcium and potassium, which helps strengthen bones.

## **Method of use:**

1\_ As a healthy snack

2\_ Add to salad, dessert and smoothies

3\_ Use in cooking to flavor food

## **Consumers:**

People interested in a healthy diet

Athletes because of the high energy of figs and natural sugar

People with digestive problems: Due to its high fiber content, figs can help improve digestion and reduce digestive problems

Fans of herbal teas and drinks

Manufacturers of food products: Figs are used in the food industry as a raw material for making jams, desserts and sweets.

traditional medicine .

## **How to maintain:**

Store in a dry place

It is better to store it in closed and moisture-proof containers to keep it fresh

Use away from direct sunlight.

## **Contact information:**

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