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CERTIFICATE OF ANALYSIS

Dried Figs Specifications

Nutrition Information (100gr.)	
Energy	217kcal (908kJ)
Protein	4g
Carbonhydrate	55.3 g
Fat	1.2 g
Dietary Fibre	6.7 g
Minerals	
Calcium	138 mg
Iron	4.2 mg
Magnesium	91.5 mg
Phosphorus	163 mg
Vitamins	
Vitamin B1 (Thiamin)	0.073 mg
Vitamin B2 (Ribloflavin)	0.072 mg

Although figs are seasonal fruit, dried figs are available round the year and are a rich source of vitamins, minerals and fiber.

Rich in iron content, dried figs facilitate transport of oxygen in your blood. They are also a good source of vitamin A, B1 & B12.

Health benefits obtained from figs can be attributed to calcium, iron, sodium, manganese, potassium and phosphorus content found in healthy amounts in dried figs.

The presence of healthy amounts of soluble fiber called pectin aids your digestive system and clears the extra cholesterol.

Fiber content in figs helps dissolve cancer causing substances as it contains antioxidant agents.

Figs have good content of potassium and have low sodium content and this helps in prevention of hypertension.

Calcium helps strengthen your bones and dried figs are rich in calcium content. Among other health

benefit of figs is the mild laxative property of ripe figs that help relieve constipation effectively. The high figs nutritional value makes it a good choice for maintaining overall health as it is low in cholesterol, sodium and saturated fat content. In addition, it has high roughage content in the form of dietary fiber. They have been found effective in losing healthy weight.

http://www.delimacorp.com/products_dr_figs.shtml