

DRY DATES 500GM



Fuel your day with the natural sweetness and nutrition of **Swastik Black Dry Dates**. These **sun-dried, whole black dates** are rich in **iron, calcium,**



potassium, and **natural fiber**, making them a perfect superfood for boosting energy, improving digestion, and supporting overall wellness. Ideal for **snacking, cooking, or soaking overnight**, black dry dates are a staple in traditional Indian diets and Ayurvedic remedies.

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This **500g pack** offers premium quality dates, carefully cleaned and hygienically packed.

Key Features:

- ☐ 100% Natural & Sun-Dried Black Dates
- ☐ High in Iron, Calcium, and Natural Energy
- ☐ Great for Snacking, Desserts, Herbal Use & Fasting
- ☐ Supports Digestion, Immunity & Blood Health
- ☐ No Preservatives or Additives – Hygienically Packed

Categories: Mukhwas