

Why indian Wheat ?

Wheat is a rich source of fibres, proteins, vitamins, carbohydrates, and phytochemicals¹. These phytochemicals alone or in combination maintain the proper health condition during diabetes, high cholesterol levels, and inflammation. The scientific name of wheat is *Triticum aestivum* L.

Whole wheat contains several important nutrients, such as:

- Fiber which aids in digestion
- Vitamins, such as Vitamin B, niacin, thiamine, and folate
- Minerals, such as zinc, iron, phosphorus, manganese, and magnesium
- Protein
- Antioxidants, such as phytic acid, ferulic acid, and sulfur compounds
- Plant compounds, which help in preventing several diseases, such as polyphenols, stanols, and sterols



Why our Wheat ?

- We are exporting more than 20 countries
- 100 % Natural organic grain
- sizes - 17 to 18 mm square
- Shorting by our Team