

## Ridge Gourd Supplier From India



**FOB Price:** US 0.6-1 \$ per Kilogram  
**Min.Order Quantity:** 500 Kg  
**Supply Ability:** 1000 Kg per Day  
**Port of Loading:** Chennai  
**Payment Terms:** 100% TT in advance  
**Product Type:** Vegetable  
**Style:** Fresh  
**Size:** -  
**Grade:** A  
**Certification:** APEDA  
**Weight:** 10kg  
**Place Origin:** TamilNadu  
**Brand Name:** Customer's Wish  
**Model Number:** FV-RG-001  
**Color:** Natural

### Product Photo Gallery



## Packaging, Shipping & Delivery

---

Packaging Details: As per Customer's wish  
Delivery Time: 3 days

## Packaging:

Packing In Carton Box  
Delivery In 3-4 Days

## Shipping:

Port: Chennai

## Product Description

---

### About:

**Luffa** is a genus of tropical and subtropical vines in the cucumber (Cucurbitaceae) family.

In everyday non-technical usage, the luffa, also spelled **loofah**, usually means the fruit of the two species *L. aegyptiaca* and *L. acutangula*. The fruit of these species is cultivated and eaten as a vegetable. The fruit must be harvested at a young stage of development to be edible. The vegetable is popular in China and Vietnam. When the fruit is fully ripened, it is very fibrous. The fully developed fruit is the source of the loofah scrubbing sponge which is used in bathrooms and kitchens. *Luffa* is not frost-hardy, and require 150 to 200 warm days to mature.

### Health Benefits:

- Ridge gourd is extremely rich in dietary fiber and enriched with all the vital elements that include Vit-C, Zinc, Iron, Riboflavin, Magnesium, Thiamin and traces of other minerals.
- It is low in saturated fat, cholesterol, and calories that aids in weight loss.
- Ridge gourd contains good content of cellulose and high in water content that helps to relieve from constipation and healing piles.
- Ridge gourd contains insulin like Peptides and Alkaloids within the vegetable that helps to reduce the sugar levels in both the blood and urine.
- It is high in Beta-carotene which is good for enhancing eyesight.
- Ridge gourd acts effective in purifying the blood. It boosts up and nourishes the liver health and protects the liver from alcohol intoxication.
- Ridge gourd juice is used to heal jaundice and to strengthen your immune system against any infection.
- It is good for skin care, as the blood purifying qualities in it ensure you to stay clear of pimples and acne.
- Ridge gourd helps to manage acidity as well as ulcers. It is well known as a cooling agent and aids in handling burning up experience with the urine.

### Our Services

---

1. Best Packing
2. Good Quality
3. Best material Rate & Shipping Rate
4. Fast Delivery
5. 100% satisfaction