



No 44/45 - Vilakkadi Kovil Street, Near Rangaswamy  
Kulam, Kanchipuram - 631501, Tamil Nadu – India.

**Mobile :** +91 - 96269 93222

## Bottle Gourd Supplier In India



**FOB Price:** 0.06-0.15 \$ 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:** 5 or 10 kg

**Place Origin:** TamilNadu

**Brand Name:** Customer's Wish

**Model Number:** FV-BOG-001

**Color:** Natural

### Product Photo Gallery

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## Packaging, Shipping & Delivery

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

### **Packaging:**

In Carton Boxes about 5 or 10 Kg.

### **Shipping:**

Port: Chennai.

## Product Description

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### **Bottle Gourd**

Bottle gourds were the plants which were used by humans as long as 8,000 to 10,000 years ago in the form of musical instruments, containers, and fishing floats. The Bottle gourd may grow as 1 meter in length. Native to Tropical Africa, it is widely grown for the foods. The bottle gourd requires a warm climate and well-drained soil to grow. The two varieties of Bottle gourd are Pusa Summer Prolific Long and Arka Bahar. The serving size of 116 grams contains 16 calories and provides 13% of Vitamin C and 7.36% of zinc. The same amount of Bottle gourd provides 174 mg of Potassium, 13 mg of Magnesium, 15 mg of Phosphorus and 2 mg of Sodium. Bottle gourd possess various amounts of nutrients, minerals, vitamins, lipids, and amino acids.

### **Health Benefits of Bottle gourd**

The high intake of Vitamin C reduces the wrinkles and dryness of skin. Vitamin C is an antioxidant which can lower the oxidative damage associated with stress, pollution, and poor diet.

The people who consume veggies and fruit have the high level of Vitamin C. One should include fruit and veggies to the diet in order to increase the intake of Vitamin C.

The high intakes of Vitamin C increase cancer counteract effects of drugs that are used in chemotherapy. Vitamin C targets the cells that need the nutrients whereas the drugs harm the normal cells as well. Researchers view that Vitamin C is an effective cancer treatment for the lung and ovarian cancer.

Zinc helps to reduce the infection and damage to the liver. It cleans the liver, lower inflammation, assists nutrient absorption, lower damage of free radicals and eliminates the waste from the body.

The bottle gourd is a vigorous climbing vine which possesses white flowers that usually open at night.

The plant bears hard-skinned fruits which are edible when immature. Due to its bottle like shape, it got its name as bottle gourd. The matured fruits are used as domestic utensils, water jugs and floats for fishing nets.

## Our Services

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