



MZR & TY[®]

PREMIUM FRESH FOOD

Product Catalog | 2017

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SERVED FROM



QUICK FACTS

90% Water consumption saving in hydroponic system.

Reduced energy used across all farming activities.

50%

200% Increase in productivity using soiless tech ® in green houses.

Reduction in supply chain delivery time line.

75%

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About Mzr3ty

Mzr3ty's story begins with the dream to bring the freshest and highest quality produce direct to the consumer. The initiative begins from the farm, where the latest farming techniques are used until packaging. Water purification is used for the planting, along with hydroponic farming techniques to improve the efficacy of fertilizers.

El Zeini for Agricultural Development has been producing, packaging and exporting to several countries worldwide including the UK. At El Zeini for Agricultural Development, there is a strict quality control policy that ensures that our products follow strict international guidelines. With the highest quality seeds and latest farming methods, Mzr3ty prides itself in the unique standards of production in Egypt.

As part of the El Zeini for Agricultural Development, MZR3TY was established in 2016 to meet consumer demand for fresh fruits and vegetables. The last decade saw an expansion and an increased role in agriculture research: part of the research and development has been the movement towards innovative methods of hydroponics, aquaponics and green house technology developed by Dr Sami El Zeini.

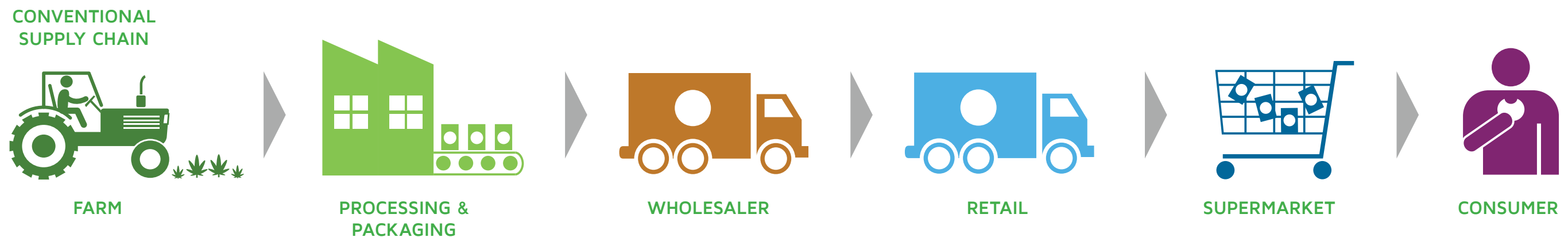
This vision fits within the greater spectrum of El Zeini For Sustainable Development ZSD's mission of encouraging sustainable development and enrichment of society as a whole.



Why Mzr3ty?

At Mzr3ty, we discovered the inconvenience of buying vegetables and fruits that are not fresh and yet are still expensive. With this in mind, we developed an integrative supply chain system that is automated. This system results in little storage time, thus ensuring the customer gets fresh produce picked daily. Our direct relationship with the customer provides the opportunity to identify what the customer needs directly, saving money and time and reducing the need for packaging and storage.

The process of reducing the time spent in getting the produce to the consumer ensures the consumer gets the freshest possible produce. Packaging is designed to ensure that the product remains fresh from the farm until you cook it. Our logistics and inventory management systems ensure that your order gets processed as quickly as possible and delivered to your front door. We, at Mzr3ty, take pride in our work and we want to ensure that the highest quality reaches you the consumer.



OUR FARM



Indoor & Outdoor Hydroponics Farming Solution

The word, Hydroponic, comes from Latin and means working water. Hydroponic agriculture is slowly gaining momentum worldwide as it is an efficient method of growing food. There are various hydroponic systems, where the main idea is plants growing with their roots suspended directly into water with either no growing medium or very little growing medium. This technique called Nutrient Film Technique (NFT) is the most popular technique used. We have various strategies for the implementation of hydroponic farming either indoor or outdoor, depending on the client's needs and constraints.



Seed Quality

Our seeds (A-Class) are selected from the top quality international brands such Rijk Zwaan and Taki. This ensures that our products have consistent quality standards through extensive testing programs in the field and in various laboratories. The quality testing program is audited according to international standards. Mzr3ty ensures that it sources seeds that are obtained through classical breeding methods, without genetic engineering techniques that lead to genetically modified organisms.*



*Directive 2001/18/EC: "Genetically modified organism (GMO) 'means an organism, with the exception of human beings, in which the genetic material has been altered in a way which is not naturally possible by mating and/or natural recombination."



Dear Customers,

Water and energy are the two main aspects and constraints for developing any community or country, Mzr3ty believes that without planning for these two sources, it will be impossible for any project or a country to develop and sustain.

Mzr3ty was developed to meet today's needs, demands and the problems in food supply. With the acceleration in population growth, and the decrease in natural resources, we must contemplate solutions and accept these challenges. Managing your water and energy resources is not easy and demands flexibility, thus enabling us to create a road map to deal without dependency on fossil fuels. With water and energy our focus in agricultural, sustainability can be achieved through the use of surrounding air or sunlight, therefore the resources we need surround us - sustainability is everywhere!

Dr. Sami El Zeini
CEO

Vegetables



Mzr3ty Tomato



Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving	
Calories 18	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 1g	
Vitamin A	17% • Vitamin C
Calcium	1% • Iron

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Tomato Health Benefits:

1. Keeps our body hydrated
2. Blood pressure stabilizer
3. Improves digestion
4. Prevention of cancer
5. Improves the condition of kidneys
6. Good for diabetes
7. Reduces cholesterol



Mzr3ty Cherry Tomato



Mzr3ty Cocktail Tomato



Mzr3ty Plum Cherry Tomato



Mzr3ty Beef Tomato



Mzr3ty Wild Cherry Tomato



Mzr3ty Carrots



Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving	
Calories 41	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 69mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	11%
Sugars 5g	
Protein 1g	
Vitamin A 334%	Vitamin C 10%
Calcium 3%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Carrots Health Benefits:

1. Keeps our body hydrated
2. Blood pressure stabilizer
3. Improves digestion
4. Prevention of cancer
5. Improves the condition of kidneys
6. Good for diabetes
7. Reduces cholesterol



Mzr3ty Mixed Color Carrots



Mzr3ty Red Carrot



Mzr3ty Orange Carrot



Mzr3ty Onion

Onion Health Benefits:

1. Prevention and fights cancer
2. Fights regenerative diseases and fungi
3. Improves immunity
4. Helps in overcoming joint pains
5. Improves the condition of kidneys
6. Strong tissues and healthy joints
7. Oral health
8. Good for diabetes
9. Reduces cholesterol
10. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 40 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Sugars 4g

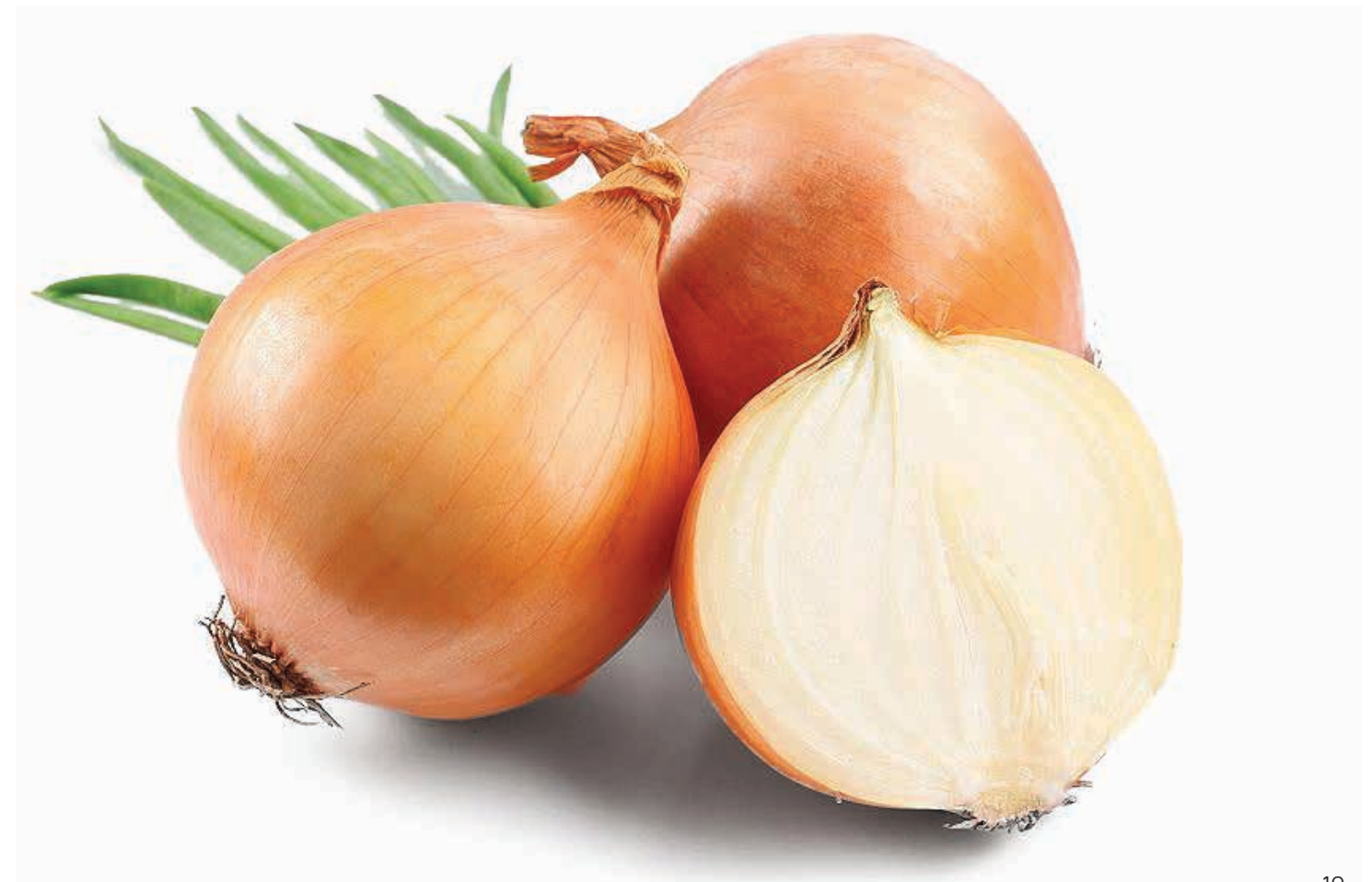
Protein 1g

Vitamin A 0% • Vitamin C 12%

Calcium 2% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Golden Onion



Mzr3ty Red Onion



Mzr3ty Garlic

Garlic Health Benefits:

1. Prevention and fights cancer
2. Fights regenerative diseases and fungi
3. Improves immunity
4. Blood pressure stabilizer
5. Reduces cholesterol
6. Contains antioxidants
7. Strong tissues and healthy joints
8. Healthy skin
9. Oral health
10. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving	
Calories 149	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin B-6 60%	Vitamin C 52%
Calcium 18%	Iron 9%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Spring Onion



Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving	
Calories 32	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A 20%	Vitamin C 31%
Calcium 7%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Chinese Garlic



Mzr3ty Cauliflower

Cauliflower Health Benefits:

1. Prevention and fights cancer
2. Boost heart health
3. Improves immunity
4. Helps in overcoming joint pains
5. Boosts brain health
6. Improves digestion
7. Contains antioxidants

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories	25	Calories from Fat 1
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	5g	2%
Dietary Fiber	3g	10%
Sugars	2g	
Protein	2g	
Vitamin A	0% • Vitamin C	77%
Calcium	2% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Cucumber



Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories	15	Calories from Fat 1
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	2%
Sugars	2g	
Protein	1g	
Vitamin A	2%	Vitamin C 5%
Calcium	2%	Iron 2%

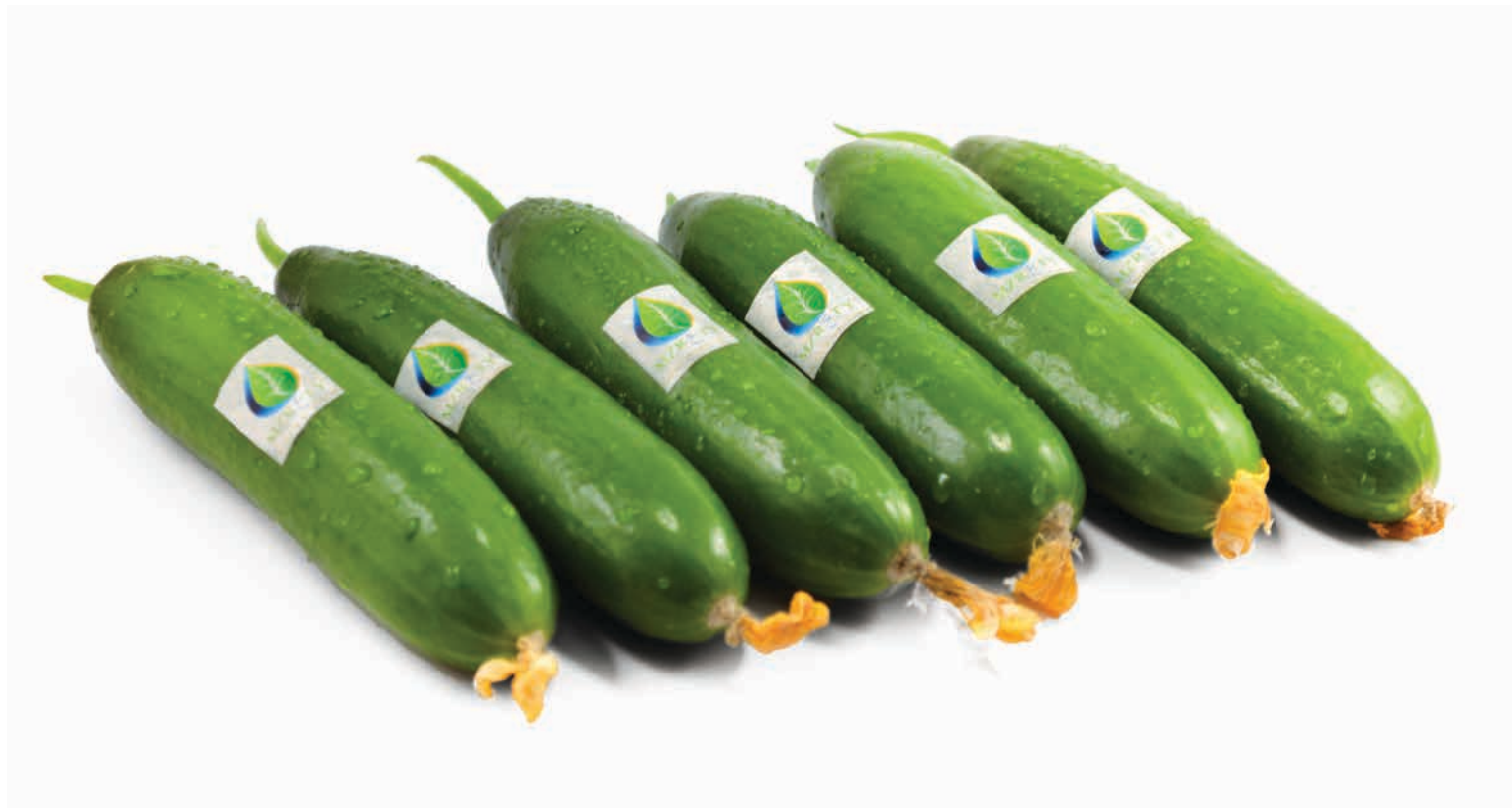
*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Cucumber Health Benefits:

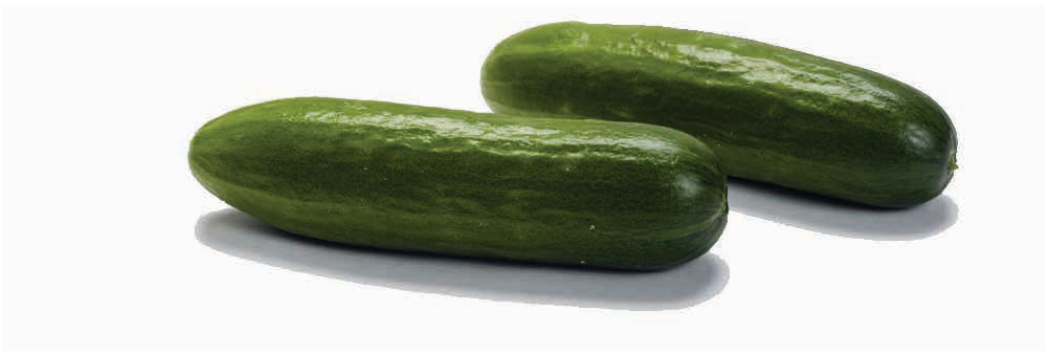
1. Keeps our body hydrated
2. Blood pressure stabilizer
3. Improves digestion
4. Prevention of cancer
5. Helps in overcoming joint pains
6. Improves the condition of kidneys
7. Strong tissues and healthy joints
8. Oral health
9. Good for diabetes
10. Reduces cholesterol



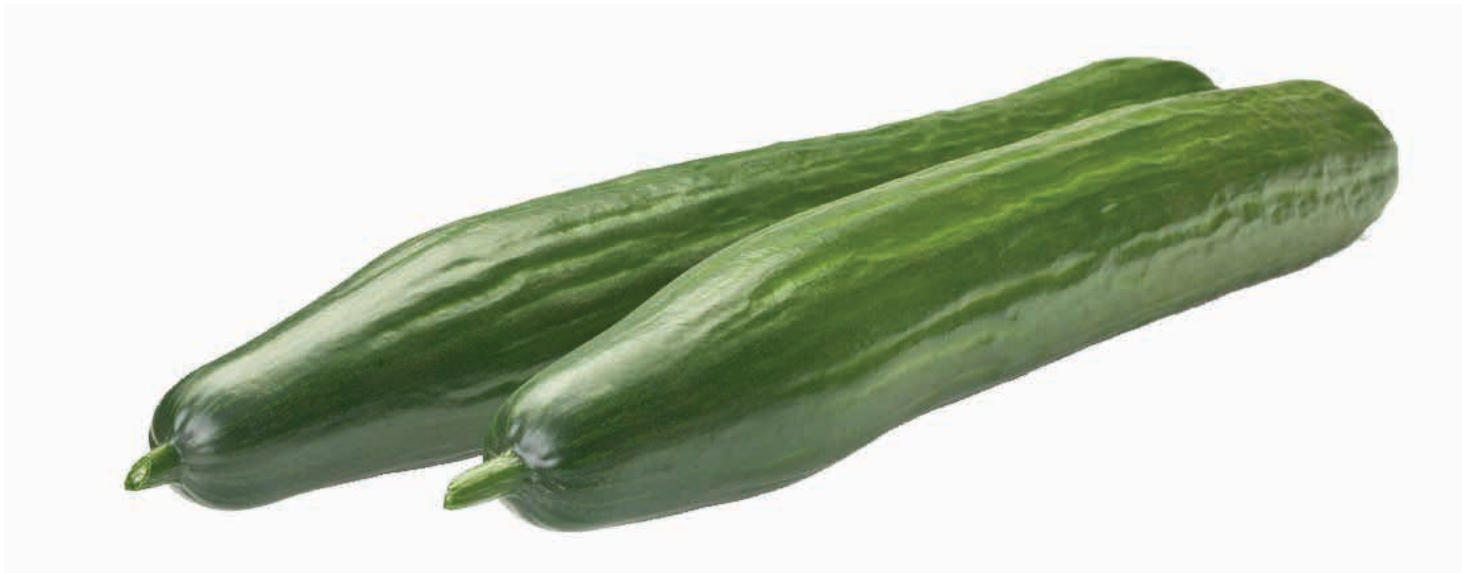
Mzr3ty New Sun Cucumber



Mzr3ty Snack Cucumber



Mzr3ty Sunshine Cucumber



Mzr3ty Long Cucumber



Mzr3ty French Celery

French Celery Health Benefits:

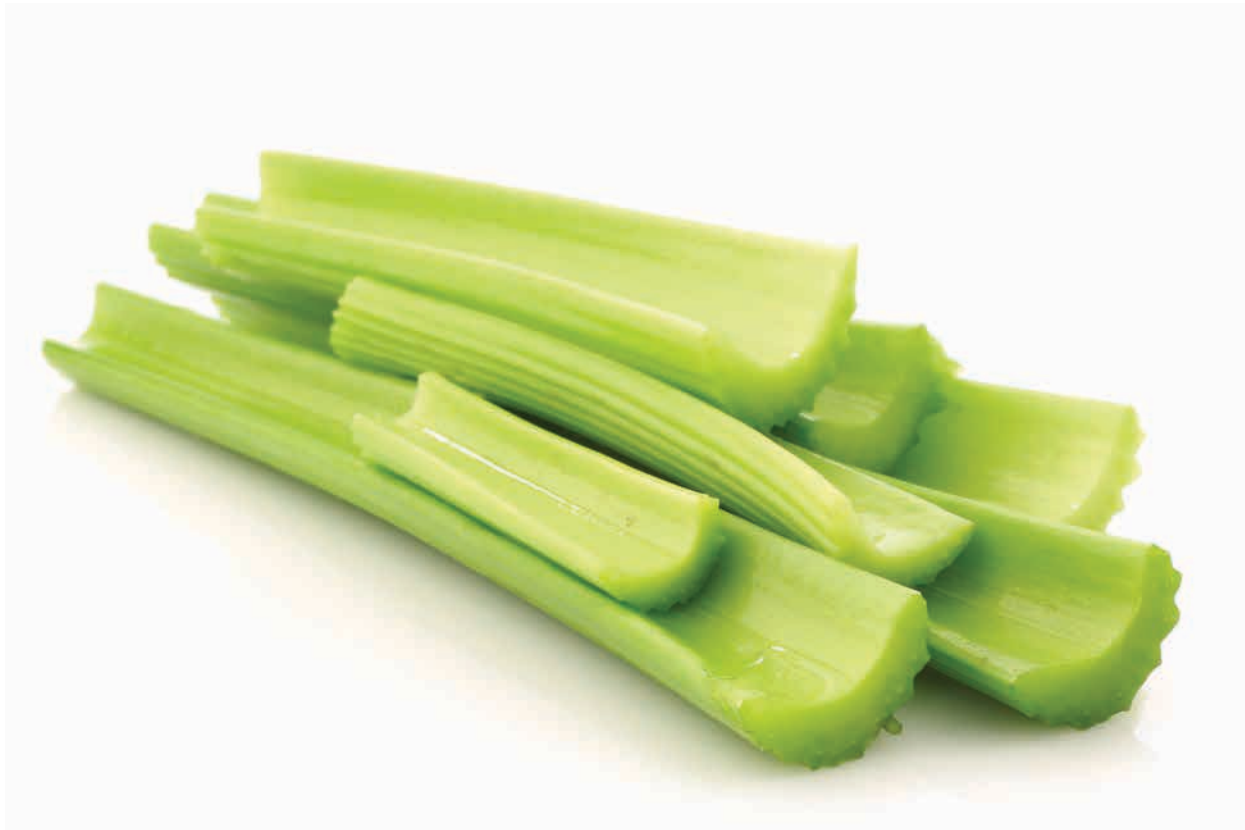
1. Blood pressure stabilizer
2. Improves digestion
3. Prevention of cancer
4. Improves cognitive function
5. Good for diabetes
6. Reduces cholesterol

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 16		Calories from Fat 2	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 80mg		3%	
Total Carbohydrate 3g		1%	
Dietary Fiber 2g		6%	
Sugars 2g			
Protein 1g			
Vitamin A	9%	Vitamin C	5%
Calcium	4%	Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Eggplant



Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 24 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 14%

Sugars 2g

Protein 1g

Vitamin A 1% • Vitamin C 4%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

Eggplant Health Benefits:

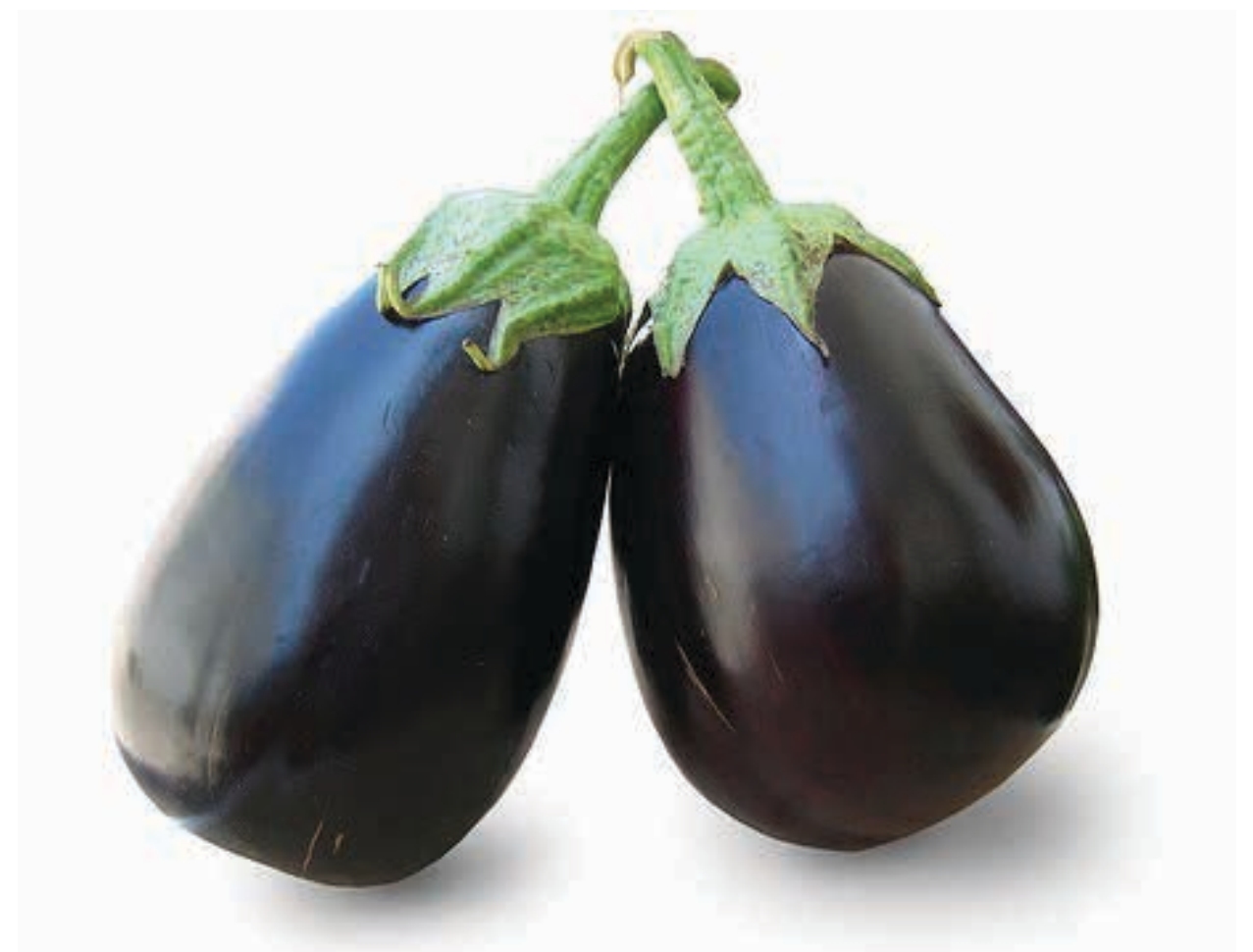
1. Blood pressure stabilizer
2. Improves digestion
3. Prevention of cancer
4. Improves cognitive function
5. Helps in overcoming joint pains
6. Improves the condition of kidneys
7. Strong tissues and healthy joints
8. Oral health
9. Good for diabetes
10. Reduces cholesterol



Mzr3ty Stripped Eggplant



Mzr3ty Round Black Eggplant



Mzr3ty Long Cylindrical Eggplant



Mzr3ty Peas

Peas Health Benefits:

1. Prevention and fights cancer
2. Good source of protein
3. High energy food
4. Improves immunity
5. Aids liver function
6. High in fibre
7. Good for diabetes

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 81 **Calories from Fat** 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 14g 5%

Dietary Fiber 5g 20%

Sugars 6g

Protein 5g

Vitamin A 15% • Vitamin C 67%

Calcium 2% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Green Pepper

- Green Pepper Health Benefits:
1. Prevention and fights cancer
 2. Fights regenerative diseases
 3. Improves immunity
 4. Strong tissues and healthy joints
 5. Prevents hypertension
 6. Reduces cholesterol
 7. Improves digestion
 8. Helps with weight loss
 9. Helps in overcoming joint pains

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 20	Calories from Fat 1	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 3mg		0%
Total Carbohydrate 5g		2%
Dietary Fiber 2g		7%
Sugars 2g		
Protein 1g		
Vitamin A	7% • Vitamin C	134%
Calcium	1% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



Mzr3ty Red Sweet Pepper

- Red Sweet Pepper Health Benefits:
1. Prevention and fights cancer
 2. Fights regenerative diseases and fungi
 3. Improves immunity
 4. Improves vision
 5. Prevents hypertension
 6. Good for diabetes
 7. Reduces cholesterol
 8. Improves digestion
 9. Helps with weight loss
 10. Helps in overcoming joint pains

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 31	Calories from Fat 3	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 4mg	0%	
Total Carbohydrate 6g	2%	
Dietary Fiber 2g	8%	
Sugars 4g		
Protein 1g		
Vitamin A	63% • Vitamin C	213%
Calcium	1% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Yellow Sweet Pepper

Yellow Sweet Pepper Health Benefits:

1. Prevention and fights cancer
2. Fights regenerative diseases and fungi
3. Improves immunity
4. Improves vision
5. Prevents hypertension
6. Good for diabetes
7. Reduces cholesterol
8. Improves digestion
9. Helps with weight loss
10. Helps in overcoming joint pains

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 27		Calories from Fat 2
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 2mg		0%
Total Carbohydrate 6g		2%
Dietary Fiber 1g		4%
Sugars		
Protein 1g		
Vitamin A	4% • Vitamin C	306%
Calcium	1% • Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Lamuyo Green Pepper

Lamuyo Green Pepper Health Benefits:

1. Prevention and fights cancer
2. Fights regenerative diseases and fungi
3. Improves immunity
4. Improves vision
5. Prevents hypertension
6. Good for diabetes
7. Reduces cholesterol
8. Improves digestion
9. Helps with weight loss
10. Helps in overcoming joint pains

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 20		Calories from Fat 1
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 3mg		0%
Total Carbohydrate 5g		2%
Dietary Fiber 2g		7%
Sugars 2g		
Protein 1g		
Vitamin A	7% • Vitamin C	134%
Calcium	1% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Radish

Radish Health Benefits:

1. Improves vision
2. Helps detoxify the body
3. Improves digestion
4. Prevention of cancer
5. Blood pressure stabilizer
6. Helps in overcoming joint pains
7. Helps with weight loss

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 16	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 39mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Sugars 2g	
Protein 1g	
Vitamin A 0%	Vitamin C 25%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Beetroot

Beetroot Health Benefits:

1. Prevention and fights cancer
2. Fights regenerative diseases and fungi
3. Improves immunity
4. Improves the condition of kidneys
5. Beneficial for bones
6. Reduces cholesterol
7. Contains antioxidants
8. Improves digestion
9. Blood pressure stabilizer

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 43	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 78mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	11%
Sugars 7g	
Protein 2g	
Vitamin A 1%	Vitamin C 8%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Broccoli

Broccoli Health Benefits:

1. Blood pressure stabilizer
2. Improves digestion
3. Prevention of cancer
4. Improves cognitive function
5. Helps in overcoming joint pains
6. Improves the condition of kidneys
7. Strong tissues and healthy joints
8. Oral health
9. Good for diabetes
- 10.Reduces cholesterol

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 34		Calories from Fat 3	
% Daily Value*			
Total Fat 0g		1%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 33mg		1%	
Total Carbohydrate 7g		2%	
Dietary Fiber 3g		10%	
Sugars 2g			
Protein 3g			
Vitamin A	12%	Vitamin C	149%
Calcium	4%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Green Beans

Green Beans Health Benefits:

1. Fights regenerative diseases and fungi
2. Improves immunity
3. Rich in fibre
4. Reduces cholesterol
5. Improves digestion
6. Helps with weight loss
7. Helps in overcoming joint pains

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 31		Calories from Fat 1	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 6mg		0%	
Total Carbohydrate 7g		2%	
Dietary Fiber 3g		14%	
Sugars 1g			
Protein 2g			
Vitamin A	14%	Vitamin C	27%
Magnesium	6%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Baby Potato

Baby Potato Health Benefits:

- 1. Good for diabetes
- 2. High energy food
- 3. Improves digestion
- 4. Blood pressure stabilizer
- 5. Liver cleansing
- 6. Improves the condition of kidneys

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 77		Calories from Fat 1	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 6mg		0%	
Total Carbohydrate 18g		6%	
Dietary Fiber 2g		9%	
Sugars 1g			
Protein 2g			
Vitamin B-6	15%	Vitamin C	33%
Magnesium	5%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Potato

Potato Health Benefits:

- 1. Good for diabetes
- 2. High energy food
- 3. Improves digestion
- 4. Blood pressure stabilizer
- 5. Liver cleansing
- 6. Improves the condition of kidneys

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 77		Calories from Fat 1
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrate	18g	6%
Dietary Fiber	2g	9%
Sugars	1g	
Protein	2g	
Vitamin B-6	15% • Vitamin C	33%
Magnesium	5% • Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Baby Zucchini

Baby Zucchini Health Benefits:

1. Prevention and fights cancer
2. Fights regenerative diseases and fungi
3. Improves immunity
4. Keeps our body hydrated
5. Helps with weight loss
6. Contains antioxidants
7. Improves vision

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 17 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

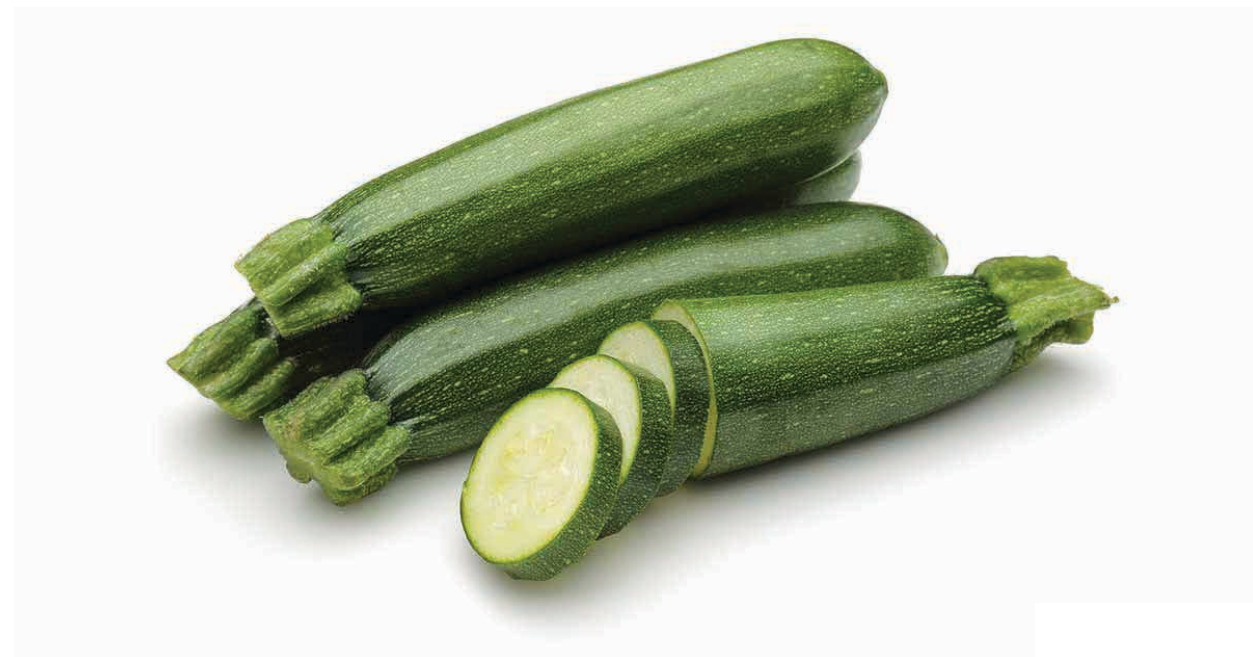
Sugars 3g

Protein 1g

Vitamin A 4% • Vitamin C 29%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Zucchini

Zucchini Health Benefits:

1. Prevention and fights cancer
2. Fights regenerative diseases and fungi
3. Improves immunity
4. Keeps our body hydrated
5. Helps with weight loss
6. Contains antioxidants
7. Improves vision

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 17 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

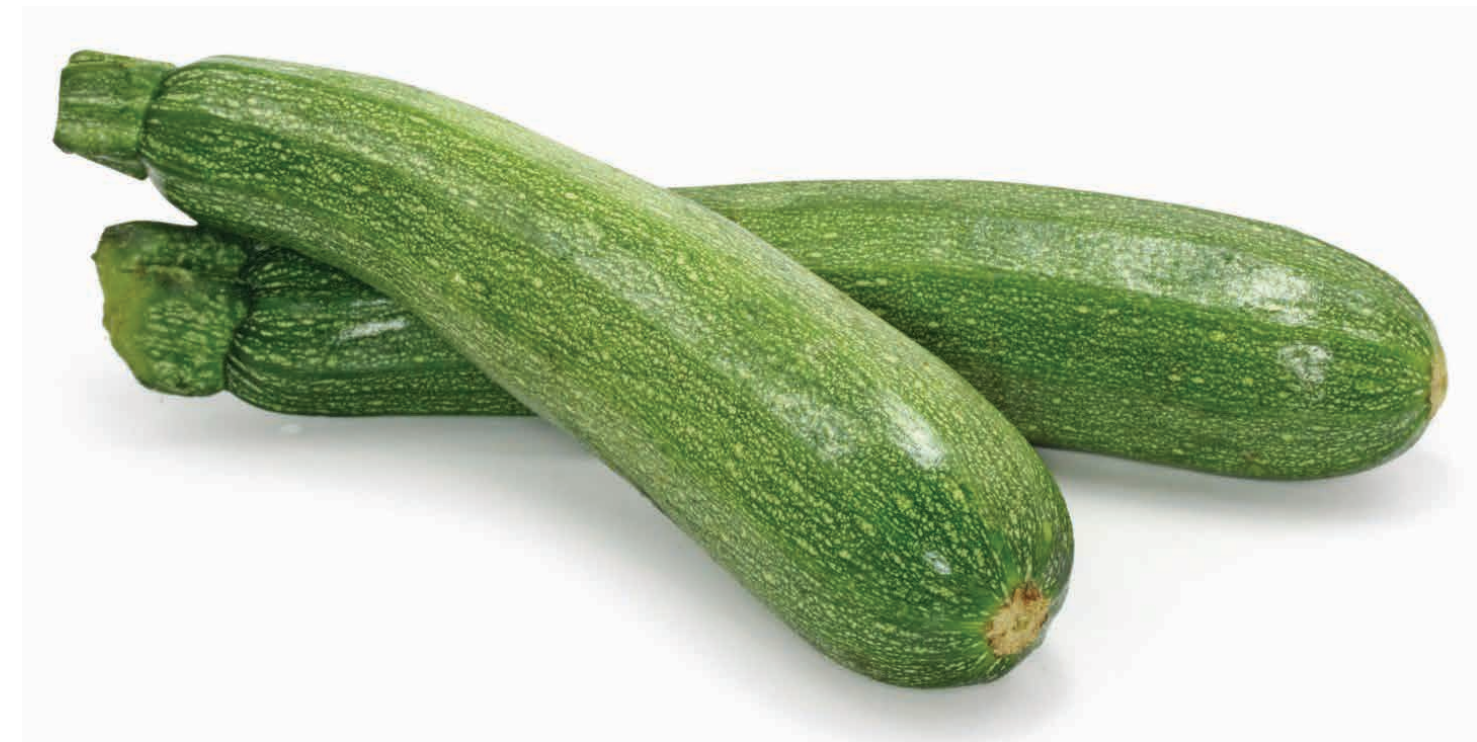
Sugars 3g

Protein 1g

Vitamin A 4% • Vitamin C 29%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Green Leaves & Herbs



Mzr3ty Lettuce



Nutrition Facts

Serving Size 100 grams (100 grams)			
Amount Per Serving			
Calories 14		Calories from Fat 1	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 10mg		0%	
Total Carbohydrate 3g		1%	
Dietary Fiber 1g		5%	
Sugars 2g			
Protein 1g			
Vitamin A	10%	Vitamin C	5%
Calcium	2%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Lettuce Health Benefits:

- 1. Keeps our body hydrated
- 2. Aids weight loss
- 3. Blood pressure stabilizer
- 4. Improves digestion
- 5. Strong tissues and healthy joints
- 6. Good for diabetes
- 7. Reduces cholesterol



Mzr3ty Iceberg Lettuce



Mzr3ty Cos/Romaine Lettuce



Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories 17		Calories from Fat 3
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 8mg		0%
Total Carbohydrate 3g		1%
Dietary Fiber 2g		8%
Sugars 1g		
Protein 1g		
Vitamin A	174% • Vitamin C	40%
Calcium	3% • Iron	5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Mzr3ty Green Batavia Lettuce



Mzr3ty Lollo Bionda Lettuce



Mzr3ty Red Batavia Lettuce



Mzr3ty Lolla Rossa Lettuce



Mzr3ty Green Oakleaf Lettuce



Mzr3ty Green Butterhead Lettuce



Mzr3ty Red Oakleaf Lettuce



Mzr3ty Red Butterhead Lettuce



Mzr3ty Green Salanova Lettuce



Mzr3ty Red Salanova Lettuce



Mzr3ty Spinach

- Spinach Health Benefits:
- 1. Prevention and fights cancer
 - 2. Fights regenerative diseases and fungi
 - 3. Improves immunity
 - 4. Boosts brain health
 - 5. Improves digestion
 - 6. Helps with weight loss
 - 7. High in antioxidants
 - 8. Blood pressure stabilizer
 - 9. Helps in overcoming joint pains

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 23	Calories from Fat 3	
% Daily Value*		
Total Fat 0g		1%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 79mg		3%
Total Carbohydrate 4g		1%
Dietary Fiber 2g		9%
Sugars 0g		
Protein 3g		
Vitamin A	188% • Vitamin C	47%
Calcium	10% • Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		



Mzr3ty Red Cabbage

- Red Cabbage Health Benefits:
- 1. Prevention and fights cancer
 - 2. Blood pressure stabilizer
 - 3. Improves digestion
 - 4. Strong tissues and healthy joints
 - 5. Helps detoxify the body
 - 6. Improves immunity

Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories 31	Calories from Fat 1	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 27mg	1%	
Total Carbohydrate 7g	2%	
Dietary Fiber 2g	8%	
Sugars 4g		
Protein 1g		
Vitamin A	22% • Vitamin C	95%
Calcium	4% • Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Green Cabbage

- Green Cabbage Health Benefits:
- 1. Prevention and fights cancer
 - 2. Blood pressure stabilizer
 - 3. Improves digestion
 - 4. Strong tissues and healthy joints
 - 5. Helps detoxify the body
 - 6. Improves immunity

Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories 25	Calories from Fat 1	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 18mg		1%
Total Carbohydrate 6g		2%
Dietary Fiber 3g		10%
Sugars 3g		
Protein 1g		
Vitamin A	2% • Vitamin C	61%
Calcium	4% • Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Herbs



Mzr3ty Dill



- Dill Health Benefits:
- 1. Improves immunity
 - 2. Relieves anxiety and stress
 - 3. Oral Health
 - 4. Improves digestion
 - 5. Helps treat colds and fever

Mzr3ty Rosemary



- Rosemary Health Benefits:
- 1. Prevention and fights cancer
 - 2. Blood pressure stabilizer
 - 3. Improves digestion
 - 4. Helps detoxify the body
 - 5. Helps with depression and fatigue
 - 6. Oral health

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 43

Calories from Fat 9

% Daily Value*

Total Fat 1g2%

Saturated Fat 0g0%

Trans Fat

Cholesterol 0mg0%

Sodium 61mg3%

Total Carbohydrate 7g2%

Dietary Fiber 2g8%

Sugars

Protein 3g

Vitamin A154% • Vitamin C142%

Calcium21% • Iron37%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories 131	Calories from Fat 49	
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 3g		14%
Trans Fat		
Cholesterol 0mg		0%
Sodium 26mg		1%
Total Carbohydrate 21g		7%
Dietary Fiber 14g		56%
Sugars		
Protein 3g		
Vitamin A	58% • Vitamin C	36%
Calcium	32% • Iron	37%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Mzr3ty Oregano



Oregano Health Benefits:

1. Prevention and fights cancer
2. Improves immunity
3. Helps in overcoming joint pains
4. Great antioxidant
5. Strong tissues and healthy joints
6. Oral health
7. Good for diabetes
8. Reduces cholesterol
9. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 265		Calories from Fat 86	
% Daily Value*			
Total Fat 4g		6%	
Saturated Fat 2g		8%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 25mg		1%	
Total Carbohydrate 69g		23%	
Dietary Fiber 43g		172%	
Sugars 4g			
Protein 9g			
Vitamin A	34%	Vitamin C	3%
Calcium	158%	Iron	204%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Coriander



Coriander Health Benefits:

1. Prevention and fights cancer
2. Improves immunity
3. Helps in overcoming joint pains
4. Great antioxidant
5. Strong tissues and healthy joints
6. Oral health
7. Good for diabetes
8. Reduces cholesterol
9. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 43		Calories from Fat 9	
% Daily Value*			
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 61mg		3%	
Total Carbohydrate 7g		2%	
Dietary Fiber 2g		8%	
Sugars			
Protein 3g			
Vitamin A	154%	Vitamin C	142%
Calcium	21%	Iron	37%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Basil



Basil Health Benefits:

1. Prevention and fights cancer
2. Blood pressure stabilizer
3. Improves digestion
4. Helps detoxify the body
5. Reduces cholesterol
6. Helps treat colds and flu

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 23		Calories from Fat 5
% Daily Value*		
Total Fat 1g		1%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 4mg		0%
Total Carbohydrate 3g		1%
Dietary Fiber 2g		6%
Sugars 0g		
Protein 3g		
Vitamin A	106% • Vitamin C	30%
Calcium	18% • Iron	18%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Rosemary Health Benefits:

1. Prevention and fights cancer
2. Blood pressure stabilizer
3. Improves digestion
4. Helps detoxify the body
5. Helps with depression and fatigue
6. Oral health

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 131		Calories from Fat 49	
% Daily Value*			
Total Fat 6g		9%	
Saturated Fat 3g		14%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 26mg		1%	
Total Carbohydrate 21g		7%	
Dietary Fiber 14g		56%	
Sugars			
Protein 3g			
Vitamin A	58%	Vitamin C	36%
Calcium	32%	Iron	37%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Mint



Mint Health Benefits:

- 1. Prevention and fights cancer
- 2. Blood pressure stabilizer
- 3. Improves digestion
- 4. Helps detoxify the body
- 5. Helps with depression and fatigue
- 6. Oral health

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 70		Calories from Fat 8	
% Daily Value*			
Total Fat 1g		1%	
Saturated Fat 0g		1%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 31mg		1%	
Total Carbohydrate 15g		5%	
Dietary Fiber 8g		32%	
Sugars			
Protein 4g			
Vitamin A	85%	Vitamin C	53%
Calcium	24%	Iron	28%

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Rocket



Rocket Health Benefits:

- 1. Prevention and fights cancer
- 2. Blood pressure stabilizer
- 3. Improves digestion
- 4. Helps detoxify the body
- 5. Helps with depression and fatigue
- 6. Oral health

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 25		Calories from Fat 6	
% Daily Value*			
Total Fat 1g		1%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 27mg		1%	
Total Carbohydrate 4g		1%	
Dietary Fiber 2g		6%	
Sugars 2g			
Protein 3g			
Vitamin A	47%	Vitamin C	25%
Calcium	16%	Iron	8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Thyme



Thyme Health Benefits:

- 1. Prevention and fights cancer
- 2. Improves immunity
- 3. Boosts mood
- 4. Great antioxidant
- 5. Reduces cholesterol
- 6. Helps treat colds and flu

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 101	Calories from Fat 14	
% Daily Value*		
Total Fat 2g		3%
Saturated Fat 0g		2%
Trans Fat		
Cholesterol 0mg		0%
Sodium 9mg		0%
Total Carbohydrate 24g		8%
Dietary Fiber 14g		56%
Sugars		
Protein 6g		
Vitamin A	95% • Vitamin C	267%
Calcium	41% • Iron	97%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

Mzr3ty Parsley



Parsley Health Benefits:

- 1. Prevention and fights cancer
- 2. Improves immunity
- 3. Helps in overcoming joint pains
- 4. Great antioxidant
- 5. Strong tissues and healthy joints
- 6. Oral health
- 7. Good for diabetes
- 8. Reduces cholesterol
- 9. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving			
Calories 36		Calories from Fat 7	
% Daily Value*			
Total Fat 1g		1%	
Saturated Fat 0g		1%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 56mg		2%	
Total Carbohydrate 6g		2%	
Dietary Fiber 3g		13%	
Sugars 1g			
Protein 3g			
Vitamin A	168% • Vitamin C	222%	
Calcium	14% • Iron	34%	

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Citrus



Mzr3ty Sweet Lemon

- Sweet Lemon Health Benefits:
- 1. Improves immunity
 - 2. Blood pressure stabilizer
 - 3. High in vitamin C
 - 4. Prevention of cancer
 - 5. Helps in overcoming joint pains
 - 6. Improves the condition of kidneys
 - 7. Strong tissues and healthy joints
 - 8. Oral health
 - 9. Good for diabetes
 - 10.Reduces cholesterol
 - 11. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)			
Amount Per Serving			
Calories 43		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 1mg		0%	
Total Carbohydrate 9g		3%	
Dietary Fiber 1g		1%	
Sugars 2g			
Protein 1g			
Potassium	10%	Vitamin C	60%
Calcium	4%	Iron	5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Adalia & Balady Lemon

- Adalia & Balady Health Benefits:
- 1. Improves immunity
 - 2. Blood pressure stabilizer
 - 3. High in vitamin C
 - 4. Prevention of cancer
 - 5. Helps in overcoming joint pains
 - 6. Improves the condition of kidneys
 - 7. Strong tissues and healthy joints
 - 8. Oral health
 - 9. Good for diabetes
 - 10.Reduces cholesterol
 - 11. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories 20		Calories from Fat 3
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 3mg		0%
Total Carbohydrate 11g		4%
Dietary Fiber 5g		19%
Sugars		
Protein 1g		
Vitamin A	1% • Vitamin C	128%
Calcium	6% • Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Biondo Comune Orange

Biondo Comune Orange Health Benefits:

- 1. Improves immunity
- 2. Blood pressure stabilizer
- 3. High in vitamin C
- 4. Prevention of cancer
- 5. Helps in overcoming joint pains
- 6. Improves the condition of kidneys
- 7. Strong tissues and healthy joints
- 8. Good for diabetes
- 9. Reduces cholesterol
- 10. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 49	Calories from Fat 1	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 13g		4%
Dietary Fiber 2g		9%
Sugars 8g		
Protein 1g		
Vitamin A	5% • Vitamin C	99%
Calcium	4% • Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Tangerine

Tangerine Health Benefits:

- 1. Rich in antioxidants, prevents inflammation
- 2. Blood pressure stabilizer
- 3. High in vitamin C
- 4. Prevention of cancer
- 5. Helps fight infections
- 6. Strong tissues and healthy joints
- 7. Reduces cholesterol
- 8. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 53	Calories from Fat 3	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 2mg		0%
Total Carbohydrate 13g		4%
Dietary Fiber 2g		7%
Sugars 11g		
Protein 1g		
Vitamin A	14% • Vitamin C	44%
Calcium	4% • Iron	1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Orange

- Orange Health Benefits:
- 1. Improves immunity
 - 2. Blood pressure stabilizer
 - 3. High in vitamin C
 - 4. Prevention of cancer
 - 5. Helps in overcoming joint pains
 - 6. Improves the condition of kidneys
 - 7. Strong tissues and healthy joints
 - 8. Good for diabetes
 - 9. Reduces cholesterol
 - 10. Improves digestion

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 63		Calories from Fat 3
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 2mg		0%
Total Carbohydrate 15g		5%
Dietary Fiber 5g		18%
Sugars		
Protein 1g		
Vitamin A	5% • Vitamin C	118%
Calcium	7% • Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Bitter Orange

- Bitter Orange Health Benefits:
- 1. Rich in antioxidants, prevents inflammation
 - 2. Blood pressure stabilizer
 - 3. High in vitamin C
 - 4. Prevention of cancer
 - 5. Helps fight infections
 - 6. Strong tissues and healthy joints
 - 7. Reduces cholesterol
 - 8. Improves digestion

Nutrition Facts

Amount Per Serving			
Calories 24		Calories from Fat 1	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat			
Cholesterol 0mg		0%	
Sodium 2mg		0%	
Total Carbohydrate 8g		3%	
Dietary Fiber 5g		18%	
Sugars			
Protein 1g			
Vitamin A	5%	Vitamin C	118%
Calcium	7%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.



Fruits



Mzr3ty Mangoes



Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving	
Calories 60	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	7%
Sugars 14g	
Protein 1g	
Vitamin A 21%	Vitamin C 60%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Mango Health Benefits:

- 1. Maintains blood pressure
- 2. Reduces cancer hazards
- 3. Lower cholesterol levels
- 4. Helps to lose weight
- 5. Helps in digestion & prevents from constipation
- 6. Cures anemia & helps in pregnancy
- 7. Cures acne
- 8. Restricts aging
- 9. Promotes brain health
- 10. Boosts body immunity
- 11. Diabetes fighter
- 12. Keeps eyes healthy
- 13. Prevents heat stroke



Mzr3ty Alphonso Mango



Mzr3ty Keitt Mango



Mzr3ty Naoumy Mango



Mzr3ty Oweis Mango



Mzr3ty Alphonso Mango



Mzr3ty Keitt Mango



Mzr3ty Dates



Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories 277	Calories from Fat 1	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat		0%
Trans Fat		
Cholesterol		0%
Sodium 1mg		0%
Total Carbohydrate 75g		25%
Dietary Fiber 7g		27%
Sugars 66g		
Protein 2g		
Vitamin A	3% • Vitamin C	0%
Calcium	6% • Iron	5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

- Date Health Benefits:
- 1. Contains multiple nutrients
 - 2. Fiber rich
 - 3. Great source of potassium
 - 4. Rich in copper
 - 5. Prevents constipation
 - 6. Great energy snack
 - 7. Combats heart disease
 - 8. Helps regulate blood pressure
 - 9. Great source of anti-oxidants

Mzr3ty Samany Date



Mzr3ty Barhi Date



Mzr3ty Sukari Date



Mzr3ty Medjool Date



Mzr3ty Khalas Date



Mzr3ty Zaghloul Date



Mzr3ty Watermelon

- Watermelon Health Benefits:
- 1. Contains multiple nutrients
 - 2. Fiber rich
 - 3. Great source of potassium
 - 4. Rich in copper
 - 5. Prevents constipation
 - 6. Great energy snack
 - 7. Combats heart disease
 - 8. Helps regulate blood pressure
 - 9. Great source of anti-oxidants

Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories	30	Calories from Fat 1
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	8g	3%
Dietary Fiber	0g	2%
Sugars	6g	
Protein	1g	
Vitamin A	11%	Vitamin C 13%
Calcium	1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		



Mzr3ty Cantaloupe

- Cantaloupe Health Benefits:
- 1. Contains multiple nutrients
 - 2. Fiber rich
 - 3. Great source of potassium
 - 4. Rich in copper
 - 5. Prevents constipation
 - 6. Great energy snack
 - 7. Combats heart disease
 - 8. Helps regulate blood pressure
 - 9. Great source of anti-oxidants

Nutrition Facts

Serving Size 100 grams (100 grams)		
Amount Per Serving		
Calories	34	Calories from Fat 2
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat		
Cholesterol	0mg	0%
Sodium	16mg	1%
Total Carbohydrate	9g	3%
Dietary Fiber	1g	4%
Sugars	8g	
Protein	1g	
Vitamin A	68%	Vitamin C 61%
Calcium	1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		



Mzr3ty Melon

- Melon Health Benefits:
- 1. Contains multiple nutrients
 - 2. Fiber rich
 - 3. Great source of potassium
 - 4. Rich in copper
 - 5. Prevents constipation
 - 6. Great energy snack
 - 7. Combats heart disease
 - 8. Helps regulate blood pressure
 - 9. Great source of anti-oxidants

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 28	Calories from Fat 1	
% Daily Value*		
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat		
Cholesterol 0mg		0%
Sodium 9mg		0%
Total Carbohydrate 7g		2%
Dietary Fiber 1g		4%
Sugars 6g		
Protein 1g		
Vitamin A	0% • Vitamin C	36%
Calcium	1% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

Mzr3ty Superior Thompson Grapes



- Superior Thompson Grapes Health Benefits:
- 1. Maintains blood pressure
 - 2. Reduces cancer hazards
 - 3. Lower cholesterol levels
 - 4. Helps to lose weight
 - 5. Helps in digestion & prevents from constipation
 - 6. Promotes brain health
 - 7. Boosts body immunity
 - 8. Diabetes fighter
 - 9. Cures acne

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		
Calories 69	Calories from Fat 1	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 2mg	0%	
Total Carbohydrate 18g	6%	
Dietary Fiber 1g	4%	
Sugars 15g		
Protein 1g		
Vitamin A	1% • Vitamin C	18%
Calcium	1% • Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Mzr3ty Flame Seedless Grapes

Salads



Prepared &
Produced by:



Mzr3ty Greek Salad

Greek Salad ingredients:

Iceberg/romaine lettuce, onions, black olives, feta cheese, cucumber, green pepper & cherry tomato.

Sauce: vinegar, salt, pepper, lemon, cumin, olive oil & thyme.



Mzr3ty Tuna Salad

Tuna Salad ingredients:

Tuna, iceberg lettuce, sliced carrots, green peppers, sliced onions, red beans, mushroom & dill.

Sauce: salt, pepper, lemon, hot sauce & cumin.



Mzr3ty Green Leaves Salad

Green Leaves Salad ingredients:

Iceberg/romaine lettuce, rocket, red cabbage, sliced carrots, cucumber, green pepper, cherry tomato & dill.

Sauce: salt, cumin, lemon, yoghurt, mint & parsley.



Mzr3ty Chicken Caesar Salad

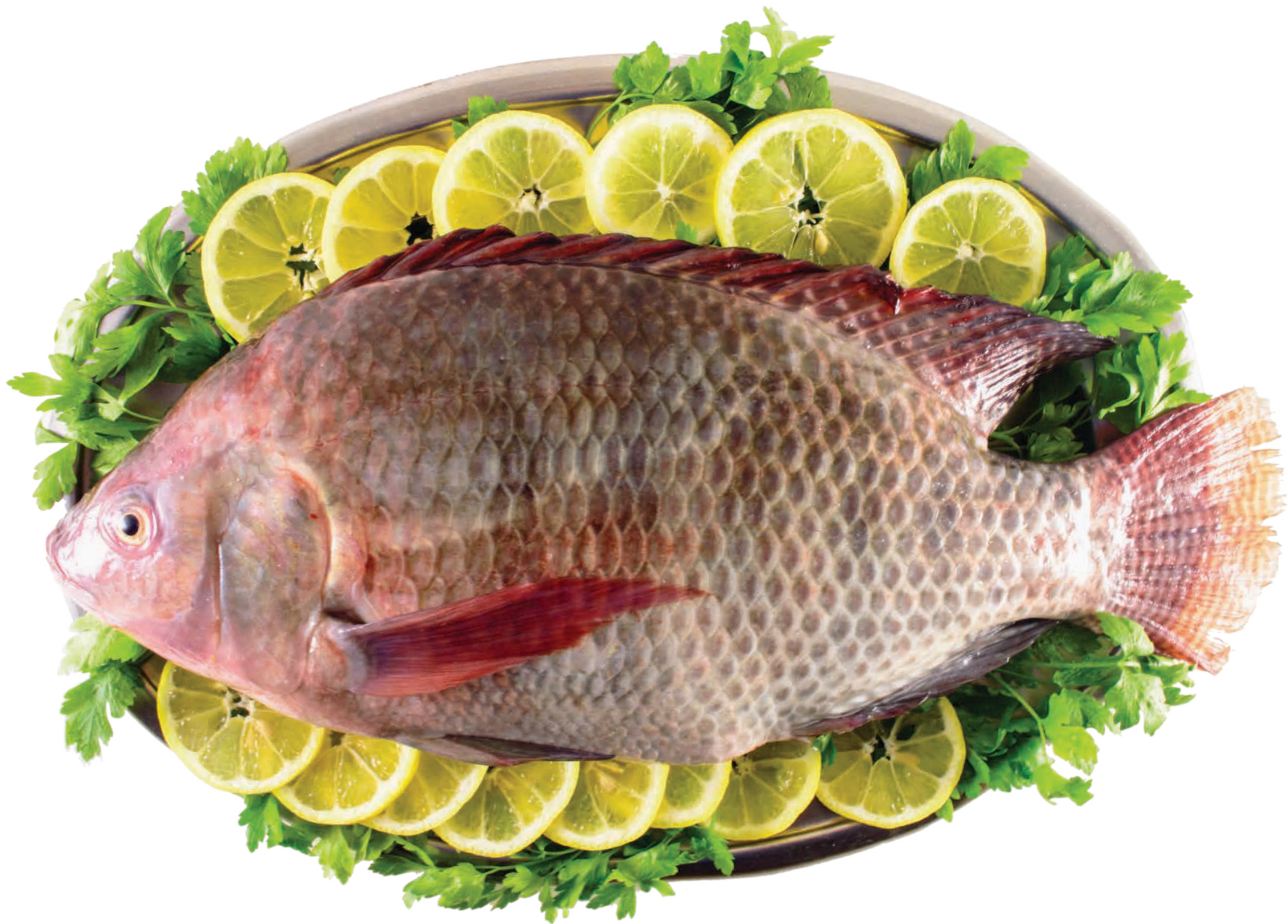
Chicken Caesar Salad ingredients:

Chicken breast, romaine lettuce, Parmasian cheese, croutons.

Caesar salad dressing.



Fish



Mzr3ty Tilapia Fish

Tilapia Fish Health Benefits:

1. Growth and development
2. Helps with weigh loss
3. Helps with bone health
4. Prevents prostate cancer
5. Improves heart health

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 129 Calories from Fat 15

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 4%

Trans Fat

Cholesterol 57mg 19%

Sodium 56mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 26g

Vitamin D 37% • Vitamin C 0%

Vitamin B-12 31% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.



Mzr3ty Pangasius Fish

Pangasius Health Benefits:

1. Great source of omega 3 acids
2. Great source of protein
3. Helps with weight loss
4. Helps prevent heart disease

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 75 Calories from Fat 17

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 2%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 44mg 2%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 15g

Vitamin A 1% • Vitamin C 1%

Calcium 1% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.





This image shows a full page of blank handwriting practice paper. It features approximately 28 evenly spaced horizontal green lines across the entire page, providing a guide for letter height and placement. The background is plain white, and there are no margins, text, or other markings present.

Served From



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Mzr3ty

Mzr3ty is an Egyptian farm that produces high quality vegetables, fruits and fish. With significant research and development being undertaken, Mzr3ty uses the latest in cutting edge technology in the agricultural field. We ensure that our produce reaches our customer fresh with the highest quality possible.



MZR & TY[®]