



La Vida

WE DELIVER THE QUALITY

From farm to fork



www.ibicgroup.com

لافيدا
La Vida
WE DELIVER QUALITY
لحم نقدم الجودة

PREMIUM
QUALITY

ABOUT US..

IBIC Group is an Egyptian Company registered in the manufacturing, International trading, export and import, distribution, and commercial agencies.

IBIC is focused on agriculture, food processing and supply, frozen fruits, vegetables, and food commodities produced under our brand La Vida, with our factory located in Kafr El Sheikh - Egypt, and sales offices in Italy USA, Russia and Saudi Arabia.

Based on our rigorous commitment to the highest standards of quality, we insist on controlling the production cycle from farm to final product, with visibility and quality assurance at each phase. Through our regular Inspection and monitoring, our products have acquired a reputation of consistency as well as quality. We further employ the latest technology of IQF Freezing to ensure quality, freshness and shelf-life is maintained at the highest parameters.

IBIC International Trading & Investment is equipped with all international accreditation from 150,22000 9001 150, Global Gap, HACCP, Sedex and FDA



OUR VISION..

To be the leading and preferred exporter with quality, service, and values as our highest priority, to satisfy the needs of our customers, employees, and stakeholders.

OUR MISSION..

IBIC has a unique vision of establishing its prime sources worldwide by tapping into emerging markets to attain the highest quality products at the best possible value to our consumers.

We are prepared to go "the last mile" to the "remotest" villages and farms to discover the finest products and bring them to market quickly, reliably, and at competitive prices.

OPERATION STRATEGY..

IBIC sources most of its products from its farms directly and from farms we supervise, located mainly in Egypt and neighboring countries. Our factory and warehouses are located near the farms where these products grow to ensure freshness and are also equipped with a wide range of packaging options to fill the market's needs.

WHAT WE OFFER

IBIC supplies a wide range of frozen fruits, vegetables, and other food commodities produced under our brand, La Vida.

We control the production process from farming to final product packaging, ensuring the highest quality standards and competitive pricing.

We further offer "Private Labeling service for end-use supermarkets and food distributors.

OUR VALUES

• Customer First

We respect our valued customers and welcome the opportunity to work closely with them to understand their needs to tailor a win-win model for our business partners.

• Accountability

We strive to provide value to our customers in a highly competitive business. When dealing with IBIC or any of its affiliates, you are dealing with an organization that knows and understands the industry and your business and is willing to stand behind every product it sells with the highest service excellence.

• Honesty

We will always represent ourselves and our products with honesty and integrity. We will always adhere to supplying the quality as promised for the price, as promised, within agreed-upon timelines, and within the terms agreed. We hold ourselves accountable to this standard based on our desire for long-term, mutually beneficial client relationships, which we believe are built on trust, transparency, and integrity.

• Reliability

Two main factors ensure our Reliability:

- 1- Our intimate relationship with production sites, farmers and our continuous presence within proximity to each stakeholder of the business cycle.
- 2- Multiple geographically disparate sources guarantee the ability to maintain agreements should any crop be affected by unexpected environmental factors.

• Quality Control

Quality is our top priority in product delivery and customer service. We have implemented and monitored food safety regulations, ISO 22000, PC and HACCP, and FDA requirements to ensure the maximum quality standards.



PRODUCTS

IBIC is focused on sourcing high-quality crops and farm produce. We have items that are our hallmarks, such as frozen Egyptian vegetables and fruits and a myriad of food commodities for added value. We continue to develop and expand our sources of packing materials to satisfy our client's needs at highly competitive prices.



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FROZEN *Vegetables*

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Nutration Facts per 100g serving

Protein	2.31 g
Carbohydrate	8.57 g
Fat	0.05 g
Crude Fiber	1.34 g
Sodium	17.86 g
Calcium	112.69 mg
Iron	1.31 mg
Sugar	1.48 g
Vitamin C	5.09 mg
Calories	44

Free from any Preservatives
or chemical substances



Rich in vitamin C, Magnesium & Protein

Green Okra

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

400 g

25 Kg

10 Kg

Okra beads are carefully selected and processed at the beginning of the division into grades according to their size.

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Nutration Facts per 100g serving

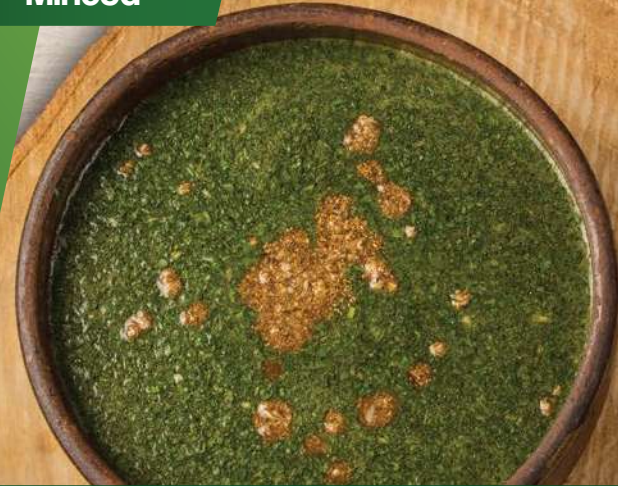
Protein	1.29 g
Carbohydrate	2.46 g
Fat	0.04 g
Crude Fiber	0.32 g
Sodium	12.3 mg
Calcium	90.31 mg
Iron	2.54 mg
Sugar	0.8 g
Vitamin C	1.44 mg
Calories	15.36

Free from any Preservatives
or chemical substances



Rich in Calcium, Vitamin A & Protein

Molokhia Minced



Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 25 Kg
- 10 Kg

Molokhia is one of the most famous worldwide products of **LA VIDA** Food. The fresh leaves are pulled and cut by the most updated technologies and techniques.

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Nutration Facts per 100g serving

Protein	5 g
Carbohydrate	11.875 g
Fat	0.0 g
Crude Fiber	0.0 g
Sodium	0.0 g
Calcium	18.75 mg
Iron	18.875 mg
Sugar	3.5 g
Vitamin C	13.125 mg
Calories	68.75

Free from any Preservatives
or chemical substances

Rich in Iron & Protein

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

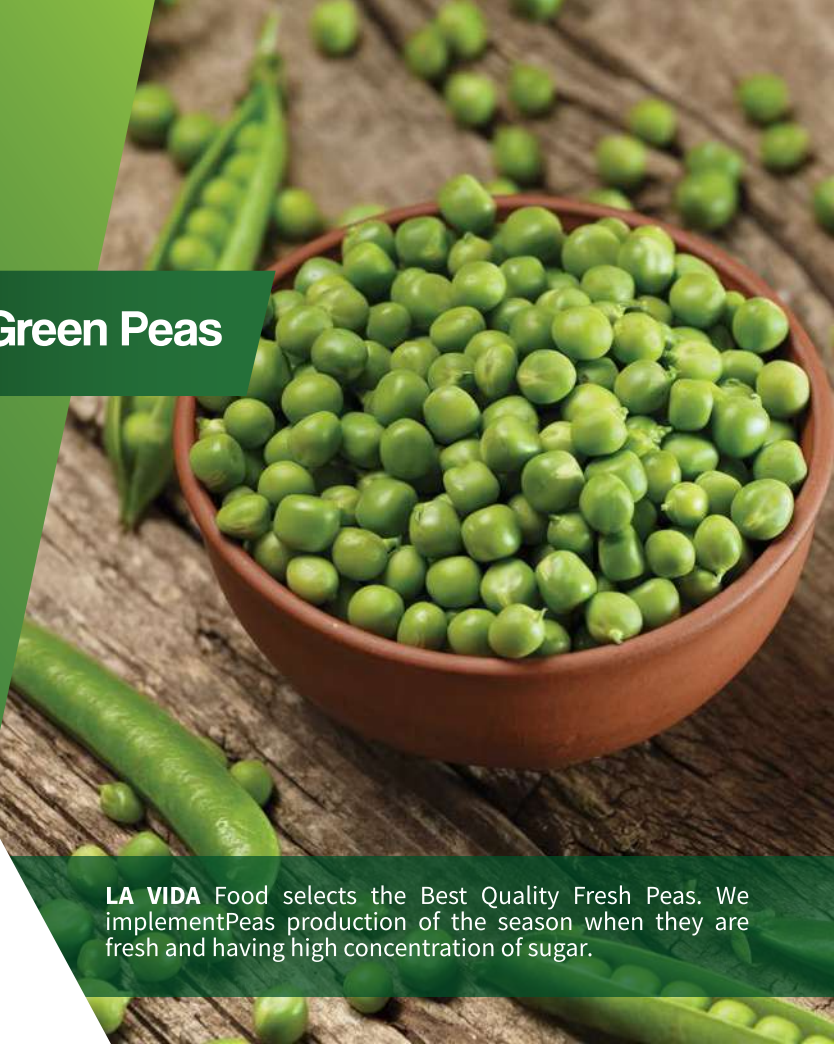
- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 25 Kg
- 10 Kg



Green Peas



LA VIDA Food selects the Best Quality Fresh Peas. We implement Peas production of the season when they are fresh and having high concentration of sugar.

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Nutration Facts per 100g serving

Protein	6.6 g
Carbohydrate	31.61 g
Fat	0.44 g
Crude Fiber	2.22 g
Sodium	432.6 mg
Calcium	24 mg
Iron	1.26 mg
Sugar	2.86 g
Vitamin C	4.83 mg
Calories	84.8

Free from any Preservatives
or chemical substances

Rich in vitamin C & Vitamin A

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 25 Kg
- 10 Kg



Green Beans



LA VIDA Food implement the cut Green Beans. production of the season when they are fresh, tender and tasty

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Nutration Facts per 100g serving

Protein	2.31 g
Carbohydrate	8.75 g
Fat	0.05 g
Crude Fiber	1.34 g
Sodium	17.86 mg
Calcium	112.69 mg
Iron	1.31 mg
Sugar	1.84 g
Vitamin C	5.09 mg
Calories	44

Free from any Preservatives
or chemical substances

Rich in Iron, Potassium & Vitamin A

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

400 g

25 Kg

10 Kg



Peas & Carrots

Discover **LA VIDA'S** Great Value Peas & Carrots. This simple Mix of peas and carrots makes the perfect addition to any meal.

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Nutration Facts per 100g serving

Protein	2.68 g
Carbohydrate	8.04 g
Fat	1.07 g
Crude Fiber	1.56 g
Sodium	12 mg
Calcium	46 mg
Iron	0.82 mg
Sugar	3.3 g
Vitamin C	8.45 mg
Calories	52.51

Free from any Preservatives
or chemical substances

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 2.5 Kg
- 10 Kg



Mixed Vegetables with Corn

Rich in vitamin C & Calcium

Enjoy A colourful mix of individual vegetables from **LA VIDA**
that are testy, healthy, and rich in nutritional value.

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PREMIUM
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Nutration Facts per 100g serving

Protein	2.03 g
Carbohydrate	6.41 g
Fat	0.06 g
Calcium	37.04 g
Iron	0.903 mg
Vitamin C	3.26 mg
Calories	42.42 mg

Free from any Preservatives
or chemical substances



Rich in Protein, Vitamin B & Copper

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 25 Kg
- 10 Kg

Artichoke



Artichoke is one of the outstanding products of **La Vida** Food. Artichoke is a defect-free product that is free of any additives or chemicals.

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Nutration Facts per 100g serving

Protein	6 g
Carbohydrate	8 g
Fat	0.6 g
Crude Fiber	4.2 g
Sodium	20 mg
Calcium	96 mg
Iron	1.4 mg
Sugar	0.6 g
Vitamin C	6 mg
Calories	50

Free from any Preservatives
or chemical substances

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 2.5 Kg
- 10 Kg



Broad Beans



The **LA VIDA** Broad Bean is the best variety of tender beans with an excellent flavour, from seed to dinner plate.

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Nutration Facts per 100g serving

Protein	1.3 g
Carbohydrate	7 g
Fat	0.03 g
Crude Fiber	2.7 g
Sodium	25 g
Calcium	81 mg
Iron	3 mg
Sugar	0.8 g
Vitamin C	0.3 mg
Calories	36

Free from any Preservatives
or chemical substances

Rich in vitamin C & K

Storage

- Deep Freeze Store (-18°C)
for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 2.5 Kg
- 10 Kg



Spinach



Spinach is one of the most famous products of **LA VIDA** food.
Only leaves are used in processing the high quality Spinach.

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Nutration Facts per 100g serving

Protein	4 g
Carbohydrate	11 g
Fat	2 g
Crude Fiber	9 g
Sodium	15 mg
Calcium	20%
Iron	15% mg
Sugar	0 g
Vitamin C	0 mg
Calories	70

Free from any Preservatives
or chemical substances



Rich in Calcium & Iron

Grape Leaves



Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 2.5 Kg
- 10 Kg

Enjoy preparing delicious grape leaves any day of the year carefully selected high-quality leaves, thanks to the modern techniques used in collecting and preserving them.

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Nutration Facts per 100g serving

Protein	6 g
Carbohydrate	9.8 g
Fat	0.05 g
Crude Fiber	3.2 g
Sodium	25 mg
Calcium	0.3 g
Iron	0.27 mg
Sugar	7 g
Vitamin C	0.05 mg
Calories	70

Free from any Preservatives
or chemical substances

Rich in Protein

Storage

- Deep Freeze Store (-18°C)
for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 2.5 Kg
- 10 Kg



Falafel Chickpeas



Half-fried falafel is ready for cooking, made of high-quality materials with a group of special spices that give it a wonderful oriental flavor.

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Frozen Garlic

Crushed Garlic 120 gm
Crushed Garlic & Ginger 120 gm



Peeled Garlic Vacuum 1 Kilo



Crushed Garlic 1 Kilo
Crushed Garlic & Ginger 1 Kilo



Jar Garlic Vacuum 1 Kilo



Free from any Preservatives or chemical substances

Nutrition Facts: Serv Size: 1Cube 49. Servings per package 20. Amount Per serv: Cal. 5, Fat Cal 0, Total Fat 1g (0% DV), Sat. Fat 0g (0% DV) Trans Fat 0g Cholest. 0mg 0% DV, Sodium 40mg (29% DV) Total Carb. 1g (0% DV) Fiber 0g 0% DV Sugars 0g, Protein 0g (0% DV), Vit. A (0% DV) Vit C (0% DV) Calcium (0% DV) Iron (0% DV), Percent Daily Values (DV) are based on a 2000 calorie die.

We offer 100% Natural, Eco-Friendly, No Chemicals, Fresh Garlic, a large assortment of garlic for gourmet and high-end kitchens.

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Chopped Onion

Chopped onion 1 Kilo



Chopped Onion 120gm



Free from any Preservatives or chemical substances

Nubian Fact: Sarv Str 1Cube 4g Survings par package 20. Amount Pasar Cal. 5 Fat Gala, Tobal Fat <1g DV) Sat. Fat 0g 0% DV Trans Fat 0g Cholest, Omg (00V Sodium 0mg 2 DV) Total Car Ig 10% DVL Fiber og 10% OV), Sugars og Pretain og DVLA (0% DV), Vit C 0% DV) Caldurs % DVL Iron DV Percent Daily Value (DV) are based on a 2000 calorie dite.

We offer 100% Natural, Eco-Friendly, No Chemicals, Fresh Garlic, a large assortment of garlic for gourmet and high-end kitchens.



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Nutration Facts per 100g serving

Protein	2.3 g
Carbohydrate	2 g
Fat	1 g
Sodium	31 mg
Sugar	0.8 g
Potassium	278 mg
Calories	23

Free from any Preservatives
or chemical substances

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 2.5 Kg
- 10 Kg



Cauliflower



With **LA VIDA's** Cauliflower you can enjoy a delicious irresistible taste full of nutrients for your body needs. It can be prepared in a wide variety of ways.

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Nutration Facts per 100g serving

Protein	2 g
Carbohydrate	4 g
Fat	0.04 g
Crude Fiber	3 g
Sodium	20 mg
Calcium	50 mg
Iron	0.7 mg
Sugar	1 g
Vitamin C	47 mg
Potassium	278 mg
Calories	20

Free from any Preservatives
or chemical substances

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 400 g
- 2.5 Kg
- 10 Kg



Broccoli



LA VIDA Premium Broccoli Florets are specially selected at the peak of freshness and fresh frozen to lock in nutrients.

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Nutration Facts per 100g serving

Protein	3.4 g
Carbohydrate	41 g
Fat	15 g
Crude Fiber	3.8 g
Sodium	210 mg
Calcium	18 mg
Iron	0.81 mg
Sugar	0.3 g
Potassium	579 mg
Calories	312

Free from any Preservatives
or chemical substances

Storage

- Deep Freeze Store (-18°C)
for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 500 g
- 25 Kg
- 10 Kg



French Fried Potatoes



Made from premium potatoes. This classic French fry is sure to be a quick and a convenient crowd pleaser. Perfect as a snack, side, or ingredient in your favourite recipe

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Nutration Facts per 100g serving

Calories	-----	28
Total Fat	-----	0.4 g
Saturated fat	-----	0.1 g
Trans fat regulation	-----	0 g
Cholesterol	-----	0 mg
Sodium	-----	3 mg
Potassium 248 mg	-----	7%
Total Carbohydrate 7 g	-----	2%
Dietary fiber 2.8 g	-----	11%
Granulated Sugar 4.1 g	-----	4.1 g
Protein 0.9 g	1%	
Vitamin C	19.7%	Calcium 1%
Iron	1%	Vitamin D 0%
Vitamin B6	20%	Cobalamin 0%
Magnesium	3%	



Free from any Preservatives
or chemical substances

Green & Red Jalapeno Peppers



Storage

- Deep Freeze Store (-18°C)
for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1Kg
- 3 Kg

Nutration Facts per 100g serving

Calories	-----	0
Total Fat	-----	0 g
Saturated fat	-----	0 g
Trans fat regulation	-----	0 g
Cholesterol	-----	0 mg
Sodium	-----	21 mg
Protein	-----	0 g
Total Carbohydrate 2 g	-----	1%
Dietary fiber 1 g	-----	4%
Granulated Sugar 1 g	-----	0 g
Vitamin C	20%	Calcium 0%
Iron	0%	Vitamin D 0%
Vitamin A	0%	Cobalamin 0%
Magnesium	0%	



Free from any Preservatives
or chemical substances

Green & black Olives



Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1 Kg
- 3 Kg

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Mango

Nutrition Facts per 100g serving

Protein	0.82 g
Carbohydrate	15 g
Fat	0.38 g
Crude Fiber	1.6 g
Sodium	1 mg
Calcium	11 mg
Iron	0.16 mg
Sugar	15 g
Vitamin C	36.4 mg
Calories	60

Free from any Preservatives
or chemical substances

Rich in Vitamin C

Storage

- Deep Freeze Store (-18°C) for more than 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1Kg
- 2.5 Kg
- 10 Kg

LA VIDA Food harvests the best Mango fruit ever at the very beginning of the season when they are still fresh and tasty



Nutrition Facts per 100g serving

Protein	0.8 g
Carbohydrate	8.1 g
Fat	0.6 g
Crude Fiber	1.2 g
Sodium	0.2 mg
Calcium	28 mg
Iron	0.8 mg
Sugar	4.5 g
Vitamin C	0.6 mg
Calories	46.4

Free from any Preservatives
or chemical substances



Rich in Calcium

Strawberries

Storage

- Deep Freeze Store (-18°C) for more than 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1 Kg
- 2.5 Kg
- 10 Kg

The Strawberries of Egypt have a very remarkable known taste in the world. **LA VIDA** Food Strawberries are produced with the help of modern techniques to preserve their good taste and their fetching shape.





Nutration Facts per 100g serving

Protein	1 g
Carbohydrate	26 g
Fat	0.95g
Crude Fiber	4 g
Calcium	60 mg
Iron	8 mg
Sugar	19 g
Potassium	270 mg
Calories	100

Free from any Preservatives
or chemical substances

Rich in Protein & Vitamin C



Guava



LA VIDA Food harvests the best Guava fruit ever at the crack
of dawn of the season when they are fresh and tasty.

Storage

- Deep Freeze Store (-18°C)
for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1Kg
- 2.5 Kg
- 10 Kg



Pomegranate

Nutrition Facts per 100g serving

Protein	0.95 g
Carbohydrate	17.17 g
Fat	0.3 g
Crude Fiber	0.6 g
Sodium	3 mg
Calcium	3 mg
Iron	0.3 mg
Sugar	19 g
Vitamin C	6.1 mg
Calories	68

Free from any Preservatives
or chemical substances

Rich in Protein & Vitamin C

Storage

- Deep Freeze Store (-18°C) for more than 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1Kg
- 2.5 Kg
- 10 Kg



LA VIDA Food starts pomegranate harvest at the beginning of the season when they are fresh and tasty.



Grapes

Nutration Facts per 100g serving

Protein	1.1 g
Carbohydrate	27.3 g
Fat	0.2 g
Crude Fiber	1.4 g
Manganese:	5%
Copper:	10%
Riboflavin	6%
Thiamine	7%
Potassium	8%
Vitamin K	28%
Vitamin C	27%
Vitamin B6	6%
Calories	104

Free from any Preservatives or chemical substances

Rich in Vitamin C

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm. Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1Kg
- 25 Kg
- 10 Kg

Frozen multiple Color Grapes are seedless for your convenience and deliver a pleasantly refreshing taste in every bite. These Egyptian Grown grapes have a firm crisp texture with a sweet mild grape flavor. Grapes that are naturally high in vitamins and low in calories. Enjoy them as or use as an ingredient in sweet and savory dishes.



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Nutrition Facts per 100g serving

Calories	60 kcal
Carbohydrates	15 g
Sugars	13.7 g
Fiber	1.6 g
Protein	0.8 g
Fats	0.4 g
Vitamin C	36.4 mg
Potassium	168 mg

Frozen Puree Pulp Products:

- Mango Puree
- Strawberry Puree
- Orange Puree
- Lemon Puree
- Mandarine Puree

Free from any Preservatives or chemical substances

Rich in Vitamin C

Storage

- Deep Freeze Store (-18°C) for more then 18 month.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton=20 Bags=8kg
- Container=40 Feet (about 2600 cartons)

Bag weight

- 1Kg
- 2 Kg

Fruits Puree



WHY CHOOSE IBIC ?



Traceability

With our documentation system and certifications, we can trace any lot during any phase of the production cycle, from farm to customer.



Post Sale Support

We are committed to a %100 satisfaction policy. Any post-sales concerns will maintain the highest priority until a resolution is reached.



Sustainability

We have secured our position as a fair-price reliable buyer of small farm produce and developed direct relationships with farmers and producers, thus creating redundancy in food supplies and the sustainability of our products and pricing, which we are expecting to be maintained into the distant future.



100% Sampling & Inspection

We test, inspect, and analyze every package, so you are assured that analysis represents the entire lot.

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Honesty



Quality Control



Reliability



Accountability

CONTACT US



EGYPT

Address: 129 - Area G - North 90
New Cairo - Cairo, Egypt.
Mobile: +2 010 11444419
Tel.: +2 02 25382814/5/6
Email: info@ibicgroup.com
Website: www.ibicgroup.com



SAUDI

Address: Riyadh, Al-Malz District,
the intersection of Al-Ahsa St,
with Gulf Bazaar.
Email: ksa@ibicgroup.com
Website: www.ibicgroup.com



ITALY

Address: VIA G.BESSARIONE, 201
91026 MAZARA DEL VALLO TP, ITALY
Email: italy@ibicgroup.com
Website: www.ibicgroup.com



USA

Address: 155 Morris Ave Springfield
NJ 07088 Second floor Suit 201
Ph: (001)832-853-4728
Fax: 713-275-1063
Email: usa@ibicgroup.com
Website: www.ibicgroup.com



RUSSIA

Address: 121352, Russia, Moscow,
Inner-city territory of the city, Fili-Davydkovo
Municipal District, Kremenchugskaya str., 9,
room 223
Ph: (007)977-111-23-77
Email: ru@ibicgroup.com
Website: www.ibicgroup.com