

LMS OVERSEAS PVT LTD



PRODUCT CATALOG

2024



WWW.LMROVERSEAS.COM

NAKCHHEDTOLA, MOTIHARI
, EAST CHAMPARAN-
845401, BIHAR



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VEGETABLE

VEGETABLES ARE PACKED WITH ESSENTIAL VITAMINS, MINERALS, AND ANTIOXIDANTS THAT PROVIDE NUMEROUS HEALTH BENEFITS. THEY CAN HELP LOWER BLOOD PRESSURE, REDUCE THE RISK OF HEART DISEASE AND STROKE, PREVENT SOME TYPES OF CANCER, AND ENHANCE OVERALL DIGESTIVE HEALTH DUE TO THEIR HIGH FIBER CONTENT.

OUR VEGETABLES INCLUDE :

- COCONUT
- GINGER, GARLIC, CHILIES
- BEETROOT
- BRINJAL
- CABBAGE
- BITTER GOURD
- CAPSIUM
- CARROT
- CAULIFLOWER
- OKRA
- LEMON
- ONIONS
- PEAS
- TOMATO
- PUMPKIN
- POTATO
- CUCUMBER
- JACKFRUIT
- FRENCH BEANS



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OUR PRODUCTS ARE
100% NATURAL

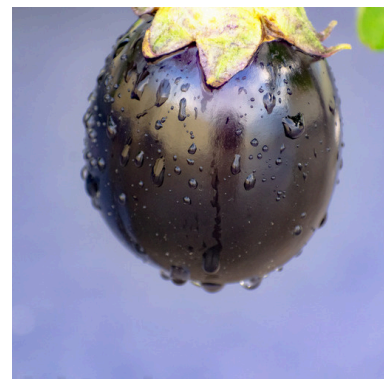


QUALITY GURANTEED



VITAMIN RICH VEGETABLES





HEALTHY EATING, HEALTHY LIVING

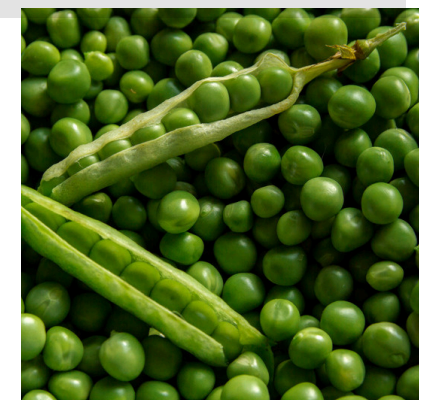
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RICH IN ANTIOXIDANTS



HIGH FIBRE VEGETABLES



HEALTH LIFE GUARANTEED



FRUITS

FRUITS OFFER NUMEROUS HEALTH BENEFITS, INCLUDING PROVIDING ESSENTIAL VITAMINS AND MINERALS THAT HELP PREVENT DEFICIENCIES. THEY ARE A GREAT SOURCE OF IMPORTANT NUTRIENTS LIKE VITAMIN C, VITAMIN A, POTASSIUM, FOLATE, FIBER, AND VITAMINS B6, E, AND K. CONSUMING FRUITS CAN ALSO BOOST THE IMMUNE SYSTEM AND SUPPORT OVERALL HEALTH.

FRUITS INCLUDE:

- POMEGRANATE
- ORANGE
- GRAPES
- MANGOES



IMMUNITY BOOSTING



RICH IN VITAMIN AND MINERALS



HEALTH BENEFITS



GOOD GUT SYSTEM

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