



## MAXSON ENTERPRISES

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**MERCHANT EXPORTER & IMPORTER AND GLOBAL SOURCING AGENT**

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**PRODUCTS PULSES**





**SPLIT PIGEON PEAS**  
(Toor Dal)

**SPLIT PIGEON PEAS:** Split pigeon peas or arhar dal or red gram. This lentil had been the main food in Asia, split yellow pigeon peas are a part of the legume family the yellow pigeon peas (toor dal) is soft and comes in split form making it easy to cook as well as digest it is extra delicious and rich in taste after cooking, It has no fillers or additives and are 100% pure ,so along with great taste you will get a good health, They are Nutrient-dense and help you to get the daily allowance of protein, fiber, and the essential vitamins, grown and processed without chemicals or pesticides, this natural and fresh lentil is one of the best thing from nature's bounty.



**CHICK PEAS**  
(Chana)

**CHICK PEAS (Chana) :** The chick Peas or chick pea is an annual legume of the family Fabaceae its different type are variously known as Bengal Gram / Chana or Egyptian Pea, chick seeds are high in protein the chickpea is a key ingredient in Mediterranean and Middle Eastern cuisines used in hummus. Chick peas make their way into all sorts of snacks, sides and main dishes, Enjoyed at all hours of the day They are ground into flour to make pan cakes, fried up for a hearty snacks or salad topper they are simmered in curries, soups and stews, chickpeas are high in fiber, protein and healthy fats and have a low GI it helps to control blood sugar manage weight and support heart and gut health, it helps to manage cholesterol maintain healthy body weight chickpeas may reduce the risk of cardiovascular diseases including coronary artery diseases.



**MASOOR DAL**  
(Red Lentils)

**MASOOR DAL (Red Lentils)** The Lentil is an edible legume. It is an annual plant, It is an important part of the diet in many parts of the world, especially in the Indian continent, which has a large vegetarian population it is basically spilt lentil without skin and red in color. It does not need soaking prior to cooking as it is a soft dal and cooks quickly when cooked Masoor dal turn a soft golden color and has a pleasant earthy flavor with 26 percent protein these lentils have the third-highest level of protein, the popular Indian recipe Dal Fry is made of Masoor dal and can be combined with rice to prepare Khichdi to say about the health benefits of Masoor dal it keeps your bones and teeth healthy being rich in phosphorus it works with calcium to build our bones and maintain healthy teeth. It is fiber rich therefore eating Masoor dal will keep you fuller long time and prevent you from binge eating it is low in fat and high in protein and will help to gain muscles



**BLACK BEANS**

**BLACK BEANS:** Black beans also called "Turtle Beans" have been a staple of north American diet for at least 7000 years, Black beans have a satisfying texture and mildly sweet flavor, They are also incredibly healthy, providing multiple vital nutrients with minimal fat and sugar to get all the health benefits of black beans, start with dry beans rather than canned. Regarding the other health benefits, the Antioxidants, fiber, protein and carbohydrates in black beans make them nutritionally powerful, It can reduce your risk of several serious Medical conditions they can regulate blood sugar when eaten with rice, research has shown that a diet rich in black beans may help to reduce your risk of certain cancers including those of stomach kidney, and colon, it can lower the levels of bad cholesterol in your blood, this may reduce your risk of developing heart disease up to 38%



**LOBIA (Black eyed peas)**

**. LOBIA (BLACK EYED PEAS)** The black eyed bean is a legume grown around the world for its medium sized edible bean, Black eyed peas rich in potassium, iron and fiber and protein and it is cholesterol free and low in fat and sodium are native to Africa where they have been a popular food since the middle ages they contain essential vitamins and minerals, provide instant energy, increase muscle mass and strengthen bones labia can aid in weight loss, control blood sugar levels improve digestion and boost immunity.



**VAL DAL**  
Indian split butter bean

**VAL DAL (Indian Split Butter Bean)** Val Dal is the split and skinless dried Indian "Lab Lab Beans" when cooked it has a starchy and buttery texture with a mild nutty flavor and hold a good consistency. Val dal is a storehouse of protein and fiber the duo of these nutrients make you feel full for longer , helping cut unnecessary food intake and weight gain the fiber also aid digestion and maintains digestive health beans also appear to have a blood sugar normalizing effect and benefit to diabetics, They are high in protein as well as Vitamin A, Complex, vitamin C and E.



**MOONG DAL**  
(Green Gram)

**MOONG DAL (GREEN GRAM)** The mung bean alternatively known as green gram, mungo bean is a plant in the legume family, the mungo bean is mainly cultivated in east south east and south Asia. It is used an ingredient in both savory and sweet dishes moong dal is rich in high quality proteins with high digestibility and is an excellent source of carbohydrates vitamins, minerals, fiber and essential fatty acids It can help decrease cholesterol control blood sugar levels as well as prevent constipations. Moong dal has a low GL index meaning that sugar is gradually released into the blood stream keeping blood sugar levels stable Moong dal's nutrients also contribute to lowering blood pressure, moong dal is a low caloric and low fat food making it a great choice for those looking to manage their weight.



**RAJMA (Kidney Beans)**

**RAJMA (Kidney Beans)** Rajma is large with dark red in color and due to the unique shape of a kidney they are called kidney beans They take a long time to cook and are usually used to cook soups, Kidney beans are an excellent plant-based source of protein, they are also rich in various minerals vitamins, fibers ,antioxidants and other unique plant compounds, therefore these beans may aid weight loss, promotes colon health and moderate blood sugar levels, the fiber potassium and magnesium content in rajma contribute to heart health by helping to regulate blood pressure and reduce cholesterol levels rajma boosts collagen and helps in the production of new skin cells, Kidney beans helps to reduce acne and also fades away acne scars, Rajma is rich in zinc that boosts skin elasticity and also helps to improve the overall skin texture.



**MOTH BEANS**

**MOTH BEANS** *Moth beans (Vigna aconitifolia) is a drought resistant legume commonly grown in arid and semi-arid regions of India, It is commonly grown in arid and semi-arid regions of India. It is commonly called Mat beans /Moth beans /Matki or dew beans. The pod sprouts and protein rich seeds of this crop are commonly consumed in India, Loaded with protein, calcium and an array of vitamins, minerals these tiny pulses oblong in shape should be a part of your daily meal plan for combating various health issues, consume moth beans for losing weight, building muscle, strengthening bones, reducing stress and keep your heart healthy moth beans are crucial part of the ecosystem They pollinate they don't just flit around at night they are a part of food chain integrated consumption of moth beans like pulse legume crop with cereals is expedient as they have a complementary relationship for moth in rich in lysine and leucine and cereals supply Sulphur*



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