



MELROSE NATURALS

MELROSE PLACE TRADING INC

Address: 205, 2nd Floor, Madhuban BLDG, 323, Cochin Street, S.B.S Road, FORT, Mumbai, Greater Mumbai, Maharashtra-400001, India

Customer Care: +91 81080 49556

E-Mail: info@melrosenaturals.com

sales@melrosenaturals.com

Website: www.melrosenaturals.com

GINGER PASTE & JUICE-GINGER TURMERIC SHOTS



GINGER PASTE

Overview

Ginger offers numerous health benefits, primarily due to anti-inflammatory compounds like gingerol, including relieving nausea/vomiting, aiding digestion, reducing pain (muscle/menstrual), lowering blood sugar/cholesterol, fighting infections, supporting heart/brain health, assisting in weight management, and potentially offering anticancer properties and boosting the immune system.

Ginger paste, rich in gingerol, offers strong anti-inflammatory, antioxidant, and digestive benefits, aiding nausea, boosting immunity, supporting heart health, and improving circulation, while being a staple in curries, marinades, stir-fries, soups, and chutneys for its pungent flavor. It's a versatile ingredient used to enhance flavor and provide natural remedies for colds, indigestion, and general wellness, making it a key part of many cuisines, especially South Asian dishes.

Melrose Naturals, We are a trusted **Ginger Paste Supplier and exporter in India**, offering high-quality products processed under strict hygienic conditions to retain natural taste and nutritional properties.

Ginger paste is manufactured by crushing ginger rhizomes to a fine paste. The ginger paste or puree is a semi-solid product and resembles white to yellow. Ginger originated in Southeast Asia and is most commonly used as a dietary supplement in India. India is the world's largest ginger producer.

Ginger is cultivated in many states of India. However, Karnataka, Assam, Orissa, Madhya Pradesh and West Bengal contribute 65% of India's total production. **Ginger paste** is widely used in culinary applications. The busier lifestyle has led consumers to prefer ready-to-eat food items.



Health Benefits of Ginger Paste:

- **Reduces Inflammation & Fights Oxidative Stress:** Gingerol provides potent anti-inflammatory and antioxidant effects, protecting cells from damage.
- **Eases Nausea & Digestive Issues:** Stimulates digestion, helps relieve gas, bloating, indigestion, motion sickness, and even pregnancy-related nausea (morning sickness).
- **Boosts Immunity:** Supports the immune system, helping fight infections, colds, and flu.
- **Supports Heart Health:** May help lower cholesterol and improve blood circulation.
- **Rich in Nutrients:** Contains essential vitamins and minerals like C, B6, magnesium, and manganese.

Culinary Applications:

- **Indian Cuisine:** Essential for base gravies in curries (like butter chicken), briyani, Vegetarian and Non-Vegetarian currys, and various chutneys.
- **Marinades:** Works well with acidic ingredients (vinegar, citrus) for meats and vegetables.
- **Stir-Fries:** Adds flavor and aroma to wok-cooked dishes.
- **Soups & Stews:** A fundamental flavor base for many savory dishes, often combined with garlic.
- **Beverages:** Can be added to teas for a warming, soothing drink.

PACKING

Ginger Paste is packed in blue colour HDPE carboys or MS drum with double LDPE polyliner.

Packaging weight

Product Net weight: 50 Kg / 200 kg / or as per customer requirement.

HSN Code: 21039090

SHELF – LIFE

Best before 12 months from the date of manufacturing

GINGER JUICE



NFC Ginger juice

Melrose Naturals, We are a trusted Ginger Juice **Supplier and exporter in India**, offering high-quality products processed under strict hygienic conditions to retain natural taste and nutritional properties.

Ginger Juice NFC is manufactured from fresh, mature and Indian-origin NFC. India is a significant contributor to global ginger production, holding the second spot behind China. Due to the health benefits and tremendous production volumes, Indian processors produce Ginger Juice NFC and cater to domestic and international markets. The demand for fruit and vegetable NFC has surged in line with the growing preference for healthier and natural options.

As per the data, Madhya Pradesh is the largest ginger producer, with the highest % market share of 30%, followed by Karnataka, Assam, and Maharashtra.

We can offer conventional ginger juice NFC in 210kg aseptic bags per the customer's requirements.

PACKING

Aseptic ginger Juice NFC product's net weight: 210kgs / or as per customer requirement

CONTAINER LOADING

80 Drums Per 20' Container (With Pallet or Without pallet packing – optional)

STORAGE

The product should be stored at 5 ± 1 degrees C

SHELF – LIFE

Best before 12 months from the date of manufacturing

GARLIC PASTE



Garlic Paste

Melrose Naturals, We are a trusted **Garlic paste Supplier and exporter in India**, offering high-quality products processed under strict hygienic conditions to retain natural taste and nutritional properties.

Due to the expansion in the processing industry and the demand for ready-to-eat products, the production and requirement for **garlic paste** have been continuously increasing. The processed **garlic paste** retains the intense flavor and aroma of the fresh garlic. The taste and nutritional value of Indian garlic are much better compared to other countries. As a result, **garlic paste manufacturers in India** have an advantage in the Asian market. In India, Madhya Pradesh is the largest producer of garlic paste in India followed by Gujarat and Uttar Pradesh.

Melrose Naturals, Our Garlic Paste product made from freshly harvested, Quality Garlic, Rich in **flavor, color, and nutritional value**, Garlic paste is a staple ingredient in a wide range of **culinary and processed food Fresh Cooking Food applications**. And also get more health benefits.

PACKING

Garlic Paste is packed with HDPE carboys or MS drums with double LDPE poly liner.

Weight

Product Net weight: 50 Kg / 200 kgs / or as per customer requirement.

STORAGE

Garlic Paste should be stored at ambient temperature and not below 40C. Avoid exposure to higher temperatures and sunlight.

HSN Code: 21039090

SHELF – LIFE

Best before 24 months from the date of manufacturing

TURMERIC JUICE

Turmeric grows wild in the forests of South and Southeast Asia. It is one of the key ingredients in many Asian dishes. Indian traditional medicine, called Siddha, has recommended turmeric for medicine. Its use as a coloring agent is not of primary value in South Asian cuisine. Turmeric is mostly used in savory dishes, but is used in some sweet dishes, such as the cake sfouf. In India, turmeric plant leaf is used to prepare special sweet dishes, patoleo, by layering rice flour and coconut-jaggery mixture on the leaf, and then closing and steaming it in a special copper steamer (*goa*). In recipes outside South Asia, turmeric is sometimes used as an agent to impart a rich, custard-like yellow color. It is used in canned beverages, baked products, dairy products, ice cream, yogurt, yellow cakes, orange juice, biscuits, popcorn color, cereals, sauces, It is a significant ingredient in most commercial curry powders.



NFC turmeric juice

Melrose Naturals, We are a trusted **Turmeric juice Supplier and exporter in India**, offering high-quality products processed under strict hygienic conditions to retain natural taste and nutritional properties.

Aseptic turmeric juice NFC is produced from the finest turmeric of Indian origin. India leads the turmeric production, sharing a significant portion of the world's total production. Tamil Nadu, Andhra Pradesh, Karnataka and Maharashtra are the primary producers of turmeric. As our processing facility is located in the cultivating regions of turmeric, we could carefully select the turmeric and offer quality Aseptic turmeric juice NFC.

NFC aseptic turmeric juice is produced with minimal processing, retaining the turmeric's flavour, colour, and nutrients. Since turmeric's benefits exceed the culinary applications, it is used in the form of Turmeric Juice and other forms.

Turmeric juice (sometimes referred to as "**drinkable turmeric**" or "**turmeric elixir**") is a form of drink made from turmeric. Turmeric juice has come in numerous forms throughout its history, including drops, milk, elixirs, and blended drinks.

Turmeric juice is claimed to have health benefits that include easing an upset stomach and reducing arthritis pain.^[2] Medical research has been carried out on purported health-giving properties of the main ingredient in turmeric juice, curcumin, though studies have not determined a precise dose, safety, or mechanism of action to require rational use of it in treatment of human diseases.

PACKING

Aseptic turmeric juice NFC product's net weight: 210kgs / or as per customer requirement

CONTAINER LOADING

80 Drums Per 20' Container (With Pallet or Without pallet packing – optional)

STORAGE

The product should be stored in 5 ± 1 Deg C

SHELF – LIFE

Best before 12 months from the date of manufacturing

TURMERIC, HONEY & GINGER SHOTS



Turmeric Honey Ginger Shots – 40ml

Melrose Naturals Turmeric Honey Ginger Immunity Booster Shots | Anti-inflammatory | Healthy Bones, Regulate Blood Sugar Levels and get Radiant Skin | Natural, Ayurvedic, Ready To Drink

Melrose Naturals, we are the Leading Exporter and supplier of high-quality Turmeric, Honey and Ginger Shots. Made from 100% natural, Turmeric, Ginger and Honey. We carefully sourced from top-growing regions in India, our Turmeric, Honey and Ginger Shots delivers rich color, natural taste and smooth texture ideal for a wide range of food Supplementary applications.



What is a Turmeric Shot?

Turmeric shot is a potent drink that is made using turmeric root or turmeric powder, usually mixed with ginger, lemon juice, black pepper, honey, and water. Its health benefits primarily come from curcumin, an active component of turmeric that is known for its anti-inflammatory properties and antioxidant ingredients.

A turmeric shot is different from adding turmeric to drinks and food because it has added advantages and health benefits. Here are a few of those:

Purpose

Turmeric shot is consumed for its potential health benefits. It works as a tonic for your wellness routine. However, turmeric is mostly used in food and drinks for either flavour or colour, and the health benefits are a secondary concern.

Convenience

Turmeric shots are quick and easy to consume since they are generally pre-made. It is a convenient way to add healthy shots to your diet. The use of turmeric in food and drinks is often inconvenient. It requires preparation and requires a longer time to incorporate into recipes.

Taste

The flavours of the turmeric shot are strong and intense due to the additional ingredients, such as ginger and lemon. However, turmeric in food and drinks can be quite mild and balanced. It is less intense and preferable for a meal.

What Are the Health Benefits of Turmeric Shots?

Turmeric shots are known for various health benefits. Here are a few of these benefits:

1. Anti-inflammatory properties

Turmeric's anti-inflammatory properties come from a component called curcumin. It can reduce cytokines, which causes inflammation. It blocks enzymes such as COX-2 and LOX, which are involved in inflammation.

2. Heart Health

Turmeric shot reduces oxidative stress, which is a main cause of heart disease. It enhances blood vessel functions by maintaining blood pressure regulation. Curcumin present in turmeric shot can reduce LDL(bad) cholesterol and increase HDL(good) cholesterol.

3. Brain Health

Turmeric Shot promotes the growth and maintenance of neurons. It protects brain cells from oxidative stress and enhances cognitive function. It also reduces neuroinflammation, which is a cause of cognitive decline.

4. Liver Health

Turmeric Shot reduces inflammation in the liver, thus preventing chronic liver conditions. It protects liver cells from oxidative stress and damage. It prevents liver diseases like fatty liver disease by helping in the removal of toxins.

5. Skin Health

A turmeric shot can benefit skin health by helping with conditions like acne and eczema. It fights free radicals, which promote making your skin more youthful and healthy. It also helps in fighting skin infections and speeds up the healing process of minor wounds.

6. Mental Health

Turmeric shots can reduce anxiety and boost your mood by increasing dopamine levels and serotonin. Curcumin can act as an antidepressant medication, thus reducing symptoms of depression and stress.

Are There Any Side Effects of Turmeric Shots?

Turmeric Shots are potent and beneficial to your health. However, there can be certain side effects that might affect some people if taken in excess quantities:

1. Upset stomach

If you consume it in large quantities, it can cause an upset stomach, including bloating or gas. It can also cause digestive issues like diarrhoea and nausea.

2. Interaction with Medications

Turmeric can interact with certain medications and cause various problems. It can enhance the blood thinning effects of medications and increase bleeding risk. It can reduce blood sugar levels when taken alongside diabetes medications.

3. Allergies

Some people might be allergic to turmeric, which can cause itching or swelling. It can also cause rashes or hives.

4. Curcumin Absorption

The bioavailability of curcumin is relatively low, which means the body may not be able to easily absorb it without enhancers like black pepper.

5. Not a Miracle Cure

You must remember that turmeric shots cannot cure everything. Although they have many benefits, it is essential to maintain a healthy diet and exercise regularly to keep well.

When Should You Drink Turmeric Shots?

Turmeric shots can be taken at various times of the day to get the desired benefits. Here are the different times when you can take turmeric shots:

In the morning

Taking a turmeric shot early in the morning can provide a natural energy boost, and taking it on an empty stomach can also help in cleansing the digestive system.

Before and After Meals

You can also consume turmeric shots before meals to stimulate digestive enzymes and bile production. Taking it after meals can help relieve post-meal bloating and other discomforts like excessive burping.

Before and After Exercising

Turmeric shot's anti-inflammatory properties can also be beneficial both before and after exercising. It can reduce muscle soreness and give quicker recovery.

At Night

Consuming turmeric shots at night before sleep can help with relaxation and improve sleep quality.

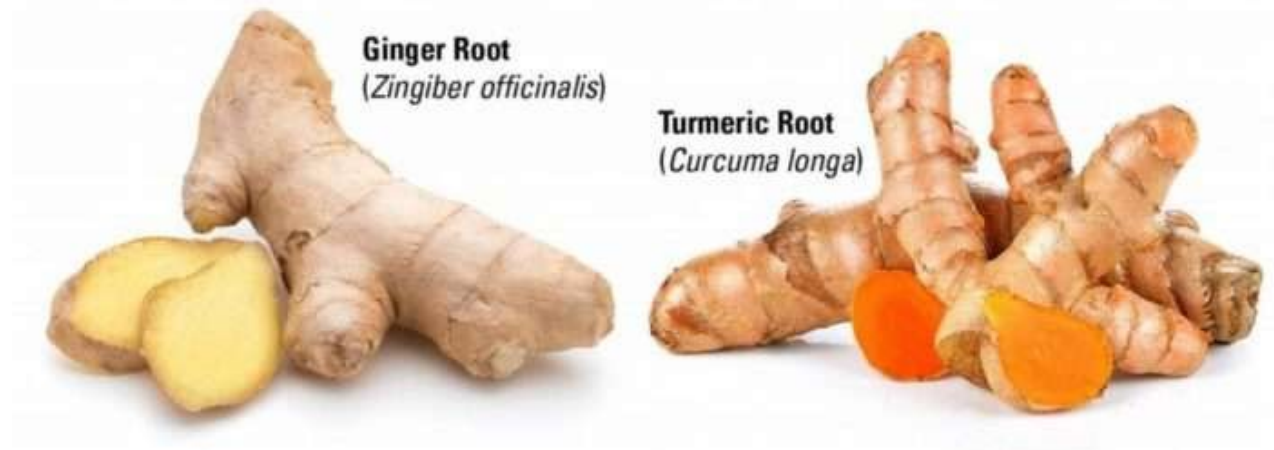
During sickness or flu season

Taking it during flu season or when you're sick can also help increase your immunity and fight against infections.

Thus, you can adjust the timing of these shots depending on your personal health goals.

Health benefits of Ginger and turmeric Shots – Explained

India, known for its agricultural produce, is also the birthplace of two potent super spices – Ginger and turmeric. Renowned for their incredible health benefits, these spices exceeded culinary applications to become wellness powerhouses. We explore the health benefits of ginger shots, the health benefits of turmeric shots, the combined benefits of ginger & turmeric shots, and the advantages of using high-quality ginger NFC and turmeric NFC as a base.



Why Ginger and turmeric from India have better health benefits?

India boasts a long and storied relationship with Ginger and turmeric. The fertile lands and ideal climatic conditions made India the largest producer, exporter and consumer of Ginger and turmeric. Traditionally cultivated using sustainable farming practices, Indian Ginger and turmeric are renowned for their

1. High curcumin content: Turmeric's key bioactive compound, curcumin, is abundant in Indian varieties, maximizing the ginger-turmeric shot benefits.

2. Strong Aromatics: Indian Ginger delivers a characteristic pungent and warming aroma, translating a more robust flavour in culinary and Ginger shots. Indian Ginger has a stronger flavour profile and higher pungency compared to other origins such as Peru or China.

3. Traditional and sustainable practices: Both Ginger and turmeric are grown and cultivated in accordance with the sustainable farming practices in India. This ensures authenticity and superior quality.

By sourcing Ginger and Turmeric NFC from India, We ensure the highest quality ingredients, maximizing the potential health benefits of ginger and turmeric.

The Role of aseptic Ginger and Turmeric NFC in the Benefits of Ginger and Turmeric.

The base (Ginger and Turmeric NFC juice) plays a crucial role in the quality and efficacy of Ginger and turmeric applications. Here are the advantages of using aseptic NFC juices in the manufacturing of turmeric and ginger shots.

1. Preserve nutrients: Unlike concentrates, Ginger and turmeric NFC juices undergo minimal processing, retaining the natural enzymes, vitamins, and minerals. This ensures a more nutritious base for your **ginger and turmeric shots**, enhancing their **health benefits**.

2. Enhanced shelf life: NFC juices undergo a preheating and sterilization process, ensuring a longer shelf life for the shots without compromising on the benefits of ginger turmeric shots.

3. Enhancing flavour: One of the distinctive features of Ginger and turmeric aseptic NFC is their ability to retain the flavour profile of the original spice. This results in a flavourful experience of ginger and turmeric shots.

Ginger shots are healthy beverages made with ginger NFC. Some ginger shots contain only Ginger, while others include a blend of orange, lemon, and turmeric. Gingerol, the major bioactive compound responsible for its pungent aroma and flavour, has numerous health benefits.

Incorporating the necessary amount of Ginger into your diet can be challenging. However, with a ginger shot, you can conveniently experience all the health benefits of gingerols in just a single sip.

Here are the science-backed 5 health benefits of ginger shots:

1. Antioxidant powerhouse: Ginger shots contain bioactive compounds, such as 6-gingerol, 8-gingerol, 10-gingerol, and 6-shogaol, that exhibit antioxidant activity. These compounds help combat free radicals in the body, which contribute to cell damage and chronic diseases.

2. Anti-cancer properties: Ginger shots or Ginger suppresses the growth of cancer cells. Its anti-inflammatory and antioxidant properties may offer benefits against various cancers.

3. Blood sugar management: Early studies suggest Ginger may have a role in regulating blood sugar levels. Its bioactive compounds may improve insulin sensitivity and help manage type 2 diabetes.

4. Digestive relief: Ginger has a long history of use in traditional medicine for digestive ailments. Ginger has shown promise in providing relief for individuals experiencing functional dyspepsia, a condition marked by symptoms such as abdominal pain, bloating, fullness, belching, and nausea.

5. Lower cholesterol levels: The research indicates that ginger supplementation can improve lipid profiles and contribute to weight management when administered at suitable doses and durations.



Health benefits of turmeric shots

1. Anti-inflammatory properties: Curcumin, the bioactive compound in turmeric, is believed to possess potent anti-inflammatory properties. Studies suggest it may help inhibit the production of inflammatory molecules in the body, potentially aiding in managing conditions like osteoarthritis, rheumatoid arthritis, and muscle soreness.

2. Heart Health: Some research suggests that curcumin may positively impact heart health by improving cholesterol levels, reducing blood pressure, and preventing blood clot formation.

3. Detoxification: As turmeric reaches your liver, it aids in detoxification by reducing inflammation in liver cells. This process enhances the efficiency of your liver, allowing it to detoxify your bloodstream more effectively and with reduced effort.

4. Inhibits the Growth of Fat Tissue: Curcumin enhances your body's insulin sensitivity, helping regulate blood sugar levels during meals and snacks. By minimizing blood sugar spikes, your body will likely produce less fat tissue, as cells efficiently process sugar instead of storing it.

5. Antioxidant-rich: Turmeric curcumin is a powerful antioxidant that helps neutralize free radicals, protecting cells from oxidative stress. This antioxidative action is associated with various health benefits.

The combined benefits of Ginger and turmeric in shots

When combined in ginger and turmeric shots, these two powerful spices offer a synergistic effect, potentially amplifying their benefits.

1. Enhanced Bioavailability: Black pepper, often added to ginger and turmeric shots, contains piperine, which can significantly improve the absorption of curcumin from turmeric.

2. Wide benefits: By combining the anti-inflammatory, digestive, and immune-boosting properties of Ginger with the anti-inflammatory, cognitive, and potentially disease-preventing effects of turmeric, these shots offer a comprehensive approach to well-being.

3. Easy On-the-Go Solution: Shots are a portable and convenient way to consume Ginger and turmeric, especially for busy lifestyles.



Applications of ginger-turmeric juice NFC

- Wellness Industry
- Culinary applications
- Alcoholic Beverages

Wellness Industry

Wellness shots: Ginger and turmeric NFC are the base ingredients in wellness (Ginger-turmeric) shots and tonics. Packed with antioxidants and anti-

inflammatory properties, Ginger-turmeric shots are consumed to improve immunity.

Functional Beverages: Beyond shots and tonics, ginger and turmeric juices are integral to a broader range of functional beverages. From wellness smoothies to immunity-boosting elixirs, these juices contribute flavour and health benefits to various functional drinks

Culinary applications

Ginger and turmeric juice are used in a variety of culinary applications, from salad dressings and marinades to sauces and soups. They are incorporated to enhance the taste and nutritional value of culinary creations. Because of their versatility and numerous health benefits, ginger-turmeric usage will continue to increase.

Alcoholic Beverages

The Ginger and turmeric juices are becoming popular in creating unique cocktails. Ginger and juices are added to alcoholic beverages to improve taste and have a healthy touch. Ginger gives cocktails a lively flavour, while turmeric adds a golden colour and earthy flavour.