



**100%**  
SENSE & BENEFIT

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**NATURAL**  
*Organic*  
PRODUCT

**PRODUCT CATALOG**

BY PRODSERVICE-S



## About Us

Prodservice-S is one of the few companies located in the South-East of Tatarstan and engaged in the supply of packaged nuts and dried fruits of its own production, under its own trademark. We supply fresh fruit, vegetables, and packaged greens. We also deliver both in the Republic of Tatarstan and abroad.

The extensive experience allows us to successfully cooperate with contractors who appreciate the assortment, high quality of goods, competitive prices, and flexible working conditions.

Prodservice-S offers a range of products of its own production, viz. packaged nuts, dried fruit and packaged greens.

Vegetables and fruit (including packaged ones) from both domestic producers and foreign suppliers.

The products meet high quality standards, which is documented.

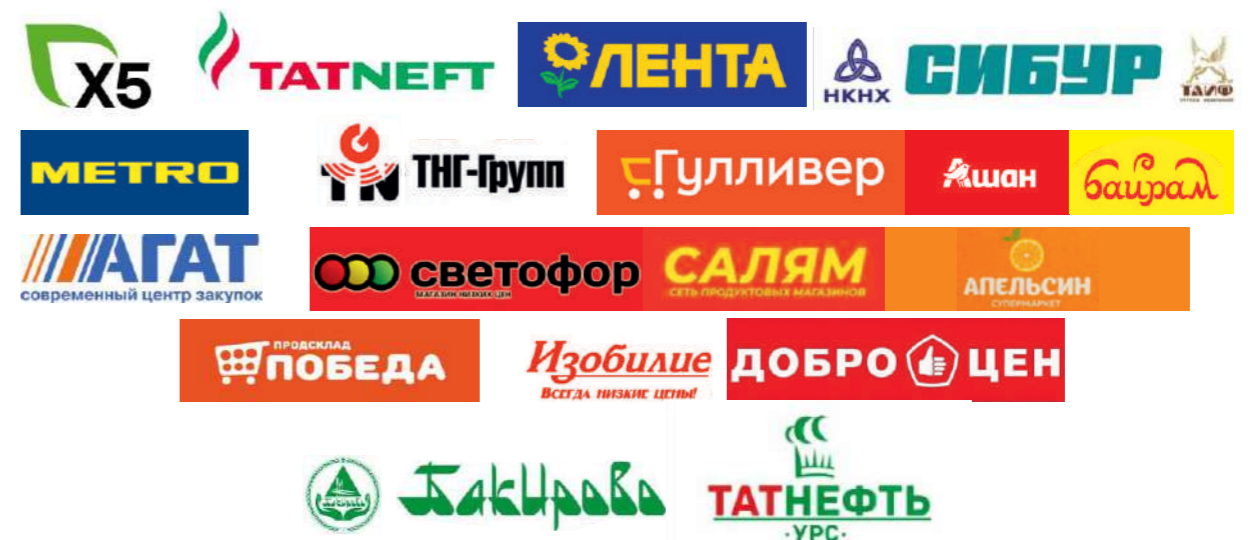
Our Company has its own warehouse with refrigeration equipment and a total area of 2500 m2. Also, our fleet allows us to deliver to any region of Russia with constant ambient temperature monitoring of supplied products (refrigerators).

We offer a flexible pricing policy and a system of discounts. We are ready to take part in promotions held by our partners for their customers.

Our company is constantly working on expanding the range of products. We are happy to consider and take into account your suggestions on the types, configuration and weight of packaged products, as well as on the manufacture of the Private Label Brand (home brand) for your company.

We are open for cooperation and are striving to make our relationship long-term and mutually beneficial.

To date, our partners are the largest retail chains, enterprises and health resorts.



## Walnuts

Walnuts that children think to look like a human brain.

They are incredibly delicious and nutritious and are also extremely beneficial for our respiratory and digestive organs, the cardiovascular system, skin, hair, teeth, and brain.

The homeland of the walnut is considered to be the Central Asia and Asia Minor, from where it spread around the world, including Russia.

In Russia, it was called both Voloshsky, tsarsky, and mahogany, but currently the name of the walnut in Russian is "the Greek nut", because it was Greek merchants who used to supply walnuts to Russia.

The medicinal properties of walnuts have been known to the world since ancient times. Since the time of Cleopatra, they have been widely used in medical and cosmetics folk practice.

The kernels of walnuts contain a large amount of protein, fatty oil rich in unsaturated fatty acids, vitamins B, E and P, as well as iron and cobalt salts.

They have a wonderful taste and high nutritional value. They are good fresh and dried, and are also widely used in baking cakes, halva, and other sweets.

**The nutritional value in 100 g  
of walnuts is 648 kcal.**



## Prunes

Prunes are the dried fruit of plum of dark varieties. It contains beta-carotene, a large amount of vitamins (E, PP, C, group B), micro- and macroelements (i.e. iron, potassium, calcium, sodium, magnesium, phosphorus, cobalt, iodine, zinc, fluorine, manganese, and copper) and other useful substances (fiber, pectins, organic acids, and starch).

Prunes are a valuable source of dietary fiber, especially the insoluble fiber. Fiber plays an important role in regulating the activity of the gastrointestinal tract. It reduces the risk of gastrointestinal diseases.

Antioxidants support the strength of bone tissues and prevent diseases of the endocrine and cardiovascular systems. American researchers have established the ability of dried fruit to significantly reduce the level of "bad" cholesterol, improving all indicators of the lipid profile.

**100 grams of prune contain about 231 kcal.**



## Pine Nuts

Pine nut is considered one of the healthiest nut in the world. Pine nuts have a delicate taste and are a favorite delicacy in the country.

Their beneficial properties are unique, and they are able to protect the body from many diseases.

The content of calcium, magnesium, phosphorus, zinc, and potassium in the composition helps to strengthen bone tissue, including teeth.

Pine nuts will be especially useful for children and the younger generation for the normal development of the bone system and the changing baby teeth.

Pine nuts have a positive effect on the brain activity. We highly recommend it to those who is engaged in hard mental work. Cedar kernels are an excellent means of raising immunity, and in helping athletes to replenish their strengths.

Pine nuts help to adjust the work of the thyroid gland and prevent cancer.

Regular intake of pine nuts helps to cope with high cholesterol and deficiency of blood.

Cedar seeds relieve stress, depression, and irritation. To cope with insomnia, eat cedar nuts on a daily basis.

**The nutritional value of pine nuts per 100g is 673 kcal.**



## Dried Apricots

Dried apricots do not have kernels. To get 1 kg of product, about 4 kg of fresh fruit is required. The beneficial health effect of apricots, from which dried apricot and dried unpitted apricot is made has long been noticed by people of the southern regions.

Dried apricot is rich in vitamins, trace elements, and minerals. It contains vitamin C, which helps strengthen the immune system and is distinguished by its powerful antioxidant properties, vitamin A, which is called the vitamin of youth, activating the synthesis of collagen, taurine and hyaluronic acid, as well as providing the synthesis of sex hormones. Vitamin PP, or nicotinic acid, contained in dried apricot, normalizes tissue respiration, participates in the metabolism of fats and proteins, glycogenolysis and biosynthetic processes.

Group B vitamins are involved in the metabolic processes of the body, the synthesis of hemoglobin and improve vision.

Dried apricots are used to treat diabetes mellitus and disorders of the cardiovascular system. Its useful properties helps to remove excess cholesterol from the body – this significantly improves the functioning of the heart. It also normalizes the work of the insulin apparatus of the pancreas, therefore, with diabetes, doctors recommend including dried apricot in the diet.

**The nutritional value in 100 grams of dried apricot is 200-220 kcal.**



## Hazelnuts

Hazelnut (Russian: "funduk") is such an unusual word for the Russian ear. It sounds like an oriental bazaar. The scorching sun, colorful fabrics, the cries of merchants praising their goods, oriental sweets, halva, and nuts in honey.

But in fact, it is a common tree nut that grows in Russia, which is also called "cobnut".

Hazelnuts are nuts that are popular mainly among athletes. It provides healthy energy, strengthens nerves, protects against stress, improves memory, physical fitness, increases immunity and brain activity.

The use of hazelnuts strengthens the immune system, helps fight infections, and helps to avoid getting colds.

The effectiveness of hazelnuts in the fight against cancer has been scientifically proven. It prevents decomposition processes, cleanses the liver perfectly. In addition, due to its low glycemic index, it's ok for diabetics.

Hazelnuts, highly appreciated by vegetarians due to its nutritional value, can completely replace meat and fish. It contains protein, which is necessary for the normal development of muscles and subsequent maintenance of their tone.

The properties of the product allow it to be easily absorbed in the body and not overload the gastrointestinal tract.

**The nutritional value of 100g of hazelnuts is 700 kcal.**



## Chocolate Dried Apricots

Chocolate dried apricots is called so for its unusual taste — it is very sweet, and slightly resembles chocolate. Its taste is more saturated, it differs from ordinary dried apricots, since it almost does not sour. The fruits are more tender and juicy. On top they are dark, matte, brown with a slightly gray coating. And lighter inside.

Red fully ripe apricots of large size are selected to produce the dried product. Apricots should be stones first. Fruits are dried naturally — in the fresh air. No special substances and drying machines are required for production.

**The nutritional value in 100 grams of dried apricots is 215 kcal.**



## Cashews

The Indian walnut or acajou is a cashew tree native to Brazil but has gained wide popularity in Southeast Asian countries. The tree grows and bears fruit in any tropical climate. Its fruit is famous for its medicinal properties, help the body successfully cope with diseases, saturating it with vitamins and trace elements.

Cashew nuts are considered to be a product of high nutritional value, which tends to have a powerful healing effect on the body. With the help of this product, you can significantly improve the functioning of the brain, strengthen the immune system, lower the level of low-density cholesterol, restore the functioning of the stomach and intestines.

Both trace elements and vitamins of cashew nuts have a beneficial effect on blood vessels.

These same components promote the exchange of fatty acids and proteins, as well as normalize the functioning of the cardiovascular system.

**The nutritional value of cashew nuts per 100 grams is 595–630 calories.**



## Raisins

Raisins are grapes that have been dried. The first time we hear of raisins is in ancient Egypt two millennia BC back.

This berry came to Europe with Phoenician sellers in the X–IX centuries BC.

Currently, raisins are most popular in the countries of the Near and Middle East, as well as in the Mediterranean.

The benefit of raisins has been known for a long time. It is recommended for the health of the nervous system, since the sedative effect of dried fruit has been experimentally proven.

Doctors recommend adding this product to your diet if you have any problems with the gastrointestinal tract, heart, kidneys, as well as anemia. It is recommended for pregnant women with the high risk of anemia.

Dry grapes retain 75% of vitamins and 100% of trace elements. Raisins has a large number of various micro-elements. For example, potassium normalizes the cardiovascular system and stabilizes blood pressure.

There is also phosphorus, which is necessary for bone tissue. There are more micro-elements in raisins that have a positive effect on the whole body.

**100 grams of raisins contain about 299 kcal.**



## Almond

Almond trees grow in Central Asia, the Mediterranean, and on mountain slopes of China.

Almonds are a type of plum fruit crops, the rose family. The fruit looks like a peach stone, the taste is like an apricot kernel.

Its usefulness is determined by the chemical composition of the nut, especially the content of micro-elements similar to collagen and elastin.

Its shell contains most of the useful elements, so it is recommended to eat almonds together with the peel. Almonds are rich in saturated fats (40–60%), protein substances (up to 30%), essential oil (up to 0.8%).

Thanks to its elemental composition (minerals, fatty oil, vitamins), the use of nuts strengthens nerves and reduces the risk of getting cancer.

The product is recognized by medical practitioners as an adjunct for heart diseases and atherosclerosis. In case of diabetes, almond components increase insulin sensitivity.

**The nut contains a significant number of calories —  
645 kcal per 100 g.**



## Golden Raisins

Raisins are necessary in the nutrition of athletes. This is an excellent substitute for sweets and other not particularly useful confectionery products. It is a great snack when taking a walk, on the road, while hiking. It does not contain cholesterol at all.

## Black Raisins

Black raisins with the greatest beneficial properties are made from red grape varieties. They contain the maximum concentration of antioxidants, vitamins, and trace elements. Black raisins are best used for medicinal purposes. The product strengthens the heart muscle, improves blood composition, normalizes kidney function, reduces swelling, enhances the immune status of the body, and improves skin condition.



## Pumpkin Seeds

These oldest seeds known are at least seven thousand years old! Archaeologists discovered them at excavations in Mexico, which is considered the historical birthplace of the pumpkin.

The composition of pumpkin seeds is unique not only due to a huge number of organic acids valuable for the human body, but also due to an increased content of useful minerals.

100 grams of the product contains one and a half daily intake of copper, phosphorus and magnesium, and a record daily amount of manganese – more than double!

And 150 grams of peeled seeds will satisfy the body's need for micro- and macroelements that are required for the normal functioning of the immune system.

Regular consumption of the product saturates the body with zinc – a valuable element that natural remedies rarely contain in sufficient quantities.

And together with phosphorus, zinc has an excellent effect on cerebral circulation, it improves memory and prevents strokes.

Phytosterols, which are useful for the heart, will protect you from a heart attack. Pumpkin seeds contain more phytosterols than any other plant seeds.

**Crispy, delicious pumpkin seeds are high in calories:  
about 559 calories per 100g.**



## Rosehip

Rosehip is a perennial and wild-growing plant. It belongs to the rose family. Most often it is called wild rose.

The beneficial properties and contraindications of rosehip have long been studied in folk medicine. There is a good reason that it is called the "healer of the forest".

Rosehip berries are a storehouse of vitamins, trace elements, and useful biologically active substances. That is why it is so appreciated in traditional medicine and is used in the treatment of many diseases. Today, the fruits of this plant are also widely used in confectionery and alcoholic beverage industry.

They are used to make pastilles, jelly, marmalade, sweets, liqueurs, and vitamin-fortified lollipops.

Also, the perfume industry cannot do without the fragrance of wild roses. Brews, infusions, rosehip oil are a valuable cosmetic product.

Ripe red berries of this medicinal plant contain many vitamins of groups B2, PP, E, K, B6, C, B1, minerals (iron, potassium, chromium, copper, phosphorus, manganese, and others), tannins, various organic acids, essential oils, carotene and much more. Rosehip cleanses the circulatory system, improves metabolism, is rich in vitamins, is used for anemia, scurvy, kidney, bladder, and liver diseases.

**The nutritional value of rosehip is 51 kcal per 100 grams of product.**



## Sunflower Seeds

Sunflower is a plant symbolizing the sun, transmitting the warmth and benefits of sunlight.

Sunflower seeds are a delicious, healthy and "sunny" product with a lot of beneficial properties. The composition of sunflower seeds is a storehouse of components for beauty and youth.

One hundred grams of the product contains everything necessary to maintain the tone and vitality of the skin, hair, heart and blood vessels. This composition determines the beneficial properties of sunflower seeds. In addition, the seeds contain plant fiber, which improves the functioning of the intestines.

It is noteworthy that the nutritional value of sunflower seeds is higher than that of meat and eggs. In terms of vitamin D content, they can compete with cod liver, and there is more potassium in seeds than in bananas.

They are a supplier of fats, carbohydrates, amino acids, as well as a valuable fat-soluble antioxidant – vitamin E, which neutralizes free radicals. This vitamin has an anti-inflammatory effect and has a wide range of positive effects on the human body.

**The nutritional value of fried sunflower seeds is quite high:  
1 cup of delicious kernels contains a little more than 700 kcal.**



## Candied Fruits

Candied fruits are an oriental sweet that has an ancient history. Various fruits, in order to avoid their spoilage, were poured with sugar syrup and boiled, then dried: this is how a delicious, fragrant and healthy delicacy was made.

Almost all kinds of fruits, berries and some vegetables are used for the production of candied fruits. Due to its diversity, it is not possible to determine the exact composition and nutritional value of this product.

The most useful candied fruits are made from dense fruits — apples, pears, plums, apricots, oranges, lemons, watermelon, and citrus peels.

Various citrus fruits (ranging from the ordinary lemon to exotic kumquat) are a favorite raw material for the production of candied fruits by many manufacturers.

Properly cooked candied fruits carry all the useful substances (vitamins C, A, P, B).

The use of candied citrus fruits (if cooked properly) saturates the body with vitamins and contributes to the removal of toxins.

Candied fruits from various citrus fruits are recommended to replace candy and other sweets for people who have undergone infectious diseases, surgical operations, as well as significant physical and mental stress.

**The nutritional value of candied fruits per 100g is 216.4 kcal.**



## Pistachios

Pistachio is a relative of cashew nuts. They have become known to Europeans since the time of Alexander the Great's campaigns in Asia. Syria is considered the homeland of this nut. In many Asian countries, the pistachio tree was called the "tree of life" in ancient times. In Persia, these fruits were used as currency.

The product promotes cell regeneration in the body, removal of toxins, normalization of internal organs and systems (especially the heart, blood vessels, liver, kidneys, intestines, and stomach).

Pistachios are also actively involved in metabolism, reducing the level of sugar and cholesterol in the blood, lowering the glycemic index. This, in turn, contributes to the ability to stick to the diet, including for medical purposes and for pregnant women.

Antioxidants in pistachios help strengthen the immune system and the body's defense mechanisms.

Polyunsaturated vegetable fats are quickly absorbed by the body and are not deposited "on the sides". At the same time, they contribute to improving the appearance, strengthening the health of the skin, nails and hair.

As for the medicinal properties, it is used in pharmaceuticals and medicine to create homeopathic drugs, as well as medicines to improve visual acuity, concentration and memory.

**Pistachio seeds, like many other nuts, are very high in calories — about 550 kcal per 100g.**



## Fruit and Nut Mix

Dried fruits are a real storehouse of vitamins and useful substances.

They contain elements necessary for the proper functioning of the human body, such as magnesium, pectin, calcium, iron, phosphorus, fiber, and carbohydrates.

Such products have a beneficial effect on the work of internal organs, help to fight many diseases, improve digestion and mood.

Nuts will please you not only with their taste, but also with incredible benefits for the whole body.

In terms of their benefit, they are not far behind the dried fruits described above. They contain vitamins of group A and B, as well as trace elements such as iron, calcium, potassium, and phosphorus.

They contain quite a lot of protein, and therefore are great for vegetarians as meat substitute. Just keep in mind that it is required to eat nuts of different types to provide yourself with the necessary proteins.

**The energy value of the mix is 460 kcal, depending on the content.**



## Peanuts

Peanuts are mistakenly called nuts by many; however, it is an annual herbaceous heat and moisture-loving plant of the legume family.

Peanuts differ from other relatives (beans, peas, soybeans, etc.) in the arrangement of the flower and the fruit formation - they, shaped like a mulberry cocoon, ripen underground. That is why peanuts are also called groundnuts. Other names are earthy acorn, earthy almond, and earthy pistachio.

Peanut fruits contain from 40 to 59% of non-drying fatty oil, up to 35% of easily digestible proteins, starch, sugar, saponins, vitamins B, E, D, pantothenic acid, biotin, and glutenin. Peanuts are rich in antioxidants, which makes it one of the most effective means of preventing cardiovascular diseases, along with red wine, strawberries, blackberries, and pomegranate. Peanuts are completely free of cholesterol.

Peanuts are popular in various forms: fried in a "hull" and peeled, sweet and salty. Peanuts are added to confectionery and chocolate. Peanuts are one of the main sources of vegetable oil, almost as good as olive oil in taste and benefits.

Peanuts are an excellent source of folic acid, which promotes cell renewal. The fats contained in it have a mild choleric effect and are beneficial for gastritis and peptic ulcer disease. Peanuts improve memory and attention, it is also useful for the normal functioning of the nervous system, heart, liver and other internal organs. They stimulate blood clotting and enhance platelet formation.

**The nutritional value of peanuts is from 551 to 590 kcal (depending on the variety).**



Salted peanuts



Peanuts in sesame seeds



Roasted peanuts



Peanuts in coconut glaze



Peanuts in white glaze



Peanuts in colored sugar

**Peanuts in different types of glaze, sesame seeds, salted or fried are a delicious and healthy dessert that can be consumed as a separate dish or a hearty snack.**

## Gift Baskets

A gift basket of nuts and dried fruits is perfect as a gift for a girl, a man, and a lady.

This universal set can be presented for a birthday to a friend, mother, grandmother, colleague, wife, teacher, tutor, or supervisor.

For our baskets, we use only fresh and high-quality nuts and dried fruits. Buying our gift set, you can be sure of its high quality.

**A mix of nuts and dried fruits is a pleasant, delicious and useful gift.**



## Detailed Description of Nut Types

### Walnuts

An excellent source of antioxidants. It helps to neutralize and remove toxins from the body. It copes with nervous disorders. It is indicated for insomnia, for pregnant and lactating women.

### Pistachios

They help to recover after sports, heavy physical exertion or long-term illnesses. They have a tonic and invigorating effect. The product is useful for people suffering from chronic anemia, inflammation of the veins, tuberculosis, and obesity. It has a positive effect on the liver and heart.

### Cashews

They are rich in nutrients, magnesium, potassium, and B vitamins. They are used as preventive measures in relation to cardiovascular diseases. They contain a huge number of antioxidants and monounsaturated fats.

### Hazelnuts

They help to cope with varicose veins, diabetes, chronic fatigue, and prostate diseases. They are used for the prevention of diseases of the cardiovascular system and the treatment of chronic anemia. Indicated for people suffering from obesity, as they help to get full quickly.

### Almond

It is considered one of the healthiest nuts. It contains a large amount of magnesium, zinc, calcium, and phosphorus. The increased content of vitamin E will provide the skin with a healthy appearance and slow down aging. The product is useful for the bone tissue, the heart, and the nervous system.

### Peanuts

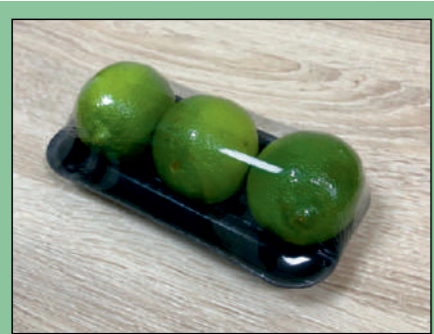
The product is rich in protein, folic acid, and antioxidants. It helps to improve attention and strengthen memory. It is useful for the proper functioning of the liver, nervous system, and cardiovascular system. It includes substances that lower cholesterol levels.

### Pine Nuts

They contain 10 times more vitamins than other types of nuts, and several times more amino acids than meat and milk. They are useful for growing children's bodies and fading old people, prolonging their lives.



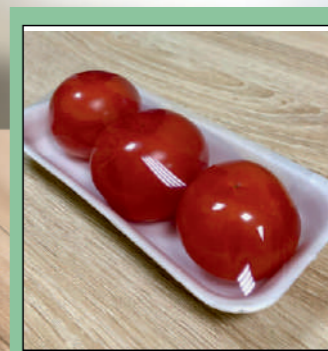
# Fruit



# Greens



# Vegetables



## The role of vegetables and fruits in a healthy diet

Proper nutrition is not just a number of healthy products, it is a lifestyle. If you want to live a long and fulfilling life, then start today – take the first step towards a healthy diet and the result will not take long. The reward will be a normal weight, good health and excellent well-being.

A healthy balanced diet is important at every stage of a person's life. That is why it is recommended to eat as many whole foods as possible, including fruits, vegetables, grains, legumes, nuts, protein and dairy products.

When it comes to fruit, it is better to choose those types that have high nutritional value and without any added sugar. Fresh fruit is always a good solution, but sometimes they can be replaced with dried fruits. Include more vegetables, fruits and berries in your diet.

Greens or green crops are vegetable plants that have been grown by people for centuries in order to get fresh greens. After all, it is used for cooking all over the world. Bok choy, Chinese leaves, celery, turnip leaves, zucchini, arugula, broccoli, dill, etc. All of them contain a large amount of minerals such as potassium, magnesium, iron, calcium, vitamins K, C, E, B, Omega-3 fatty acids, and beta-carotene.

It's no secret that the use of leafy vegetables and greens in food is very useful for the body. Being low-calorie foods, but at the same time, having pleasant taste qualities, leafy vegetables and greens are indispensable components of many dishes.

### Useful products all year round!

Get enough nutrients and stay healthy!

Taking care  
of your health

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