



Essential Products For Good Health

PRODUCTS CATALOGUE

STAYING HEALTHY WITH ORGANIC FOODS >

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PRODUCTS

QUANTITY



PALM OIL (ZOMI) 1L

Palm kernel oil is a staple in Ghanaian and many traditional cuisines. It has a high saturated fat content which makes it suitable for frying and cooking at high heat without easily breaking down.

NATURAL BENEFITS

Packed with essential vitamins A and E, palm oil nourishes your body from the inside out, promoting healthy skin, sharp vision, and a strong immune system. Its powerful antioxidants help protect your cells. Palm oil also delivers lasting energy and supports heart and brain health when enjoyed in moderation.



VIRGIN PALM OIL 1L

Virgin Palm kernel oil is the miracle oil of our Ancestors. It is Suitable for frying and cooking at high heat without easily breaking down.

NATURAL BENEFITS

Palm Kernel Oil is also prized in skincare for its deep moisturizing and rejuvenating properties, leaving skin soft, smooth, and radiant. It Protects you from toxins, improves vision, reduces the risk of Cancer, and helps improve hair growth.



TURKEY BERRY POWDER 120G

HK Turkey Berry is mostly used for cooking or drank as tea. It is hygienically grinded into powder for longer shelf life and easy travels.

NATURAL BENEFITS

Turkey Berry is a good source of essential nutrients, including vitamins A and C, calcium, phosphorus, and iron, and, it helps to regulate blood sugar levels. The fiber content in the berries helps regulate bowel movements, prevent constipation, and support a healthy digestive system.



TURKEY BERRY CLOVES GINGER

Drink as Tea! Turkey Berry Cloves Ginger tea bag is made from carefully prepared turkey berry, gloves and ginger.

NATURAL BENEFITS

It has immune-boosting properties and contain compounds that may help support the immune system, potentially reducing the risk of infections. It is also a good source of dietary fiber, promoting healthy digestion by supporting regular bowel movements and preventing constipation.



BAOBAB POWDER 120G

Baobab powder is derived from the fruit of the baobab, native to Africa. It is a natural product with numerous health benefits.

NATURAL BENEFITS

Baobab powder is a nutritional powerhouse, containing high levels of vitamin C, potassium, calcium, magnesium, and antioxidants. It also provides dietary fiber, which is essential for digestive health.



VELVET TAMARIND 120G

Powder Velvet tamarind, is made from the Velvet tamarind fruit. It helps combat oxidative stress and also helps to reduce the risk of chronic diseases and supports cellular health.

NATURAL BENEFITS

Powder Velvet tamarind is a good source of essential nutrients, including vitamins C, minerals (like iron and potassium), and dietary fiber.



MILLET BANKU 500G

Millet banku can be used for porridge or prepared as banku. It is high in fiber, which promotes good digestion, prevents constipation, and helps maintain a healthy gut.

NATURAL BENEFITS

It is gentle on the stomach, gluten-free, and packed with nutrients that support digestion, heart health, and overall vitality. Its mild, earthy flavor pairs beautifully with your favorite stews and soups, bringing both nourishment and satisfaction to every meal.



TINY ANCHOVIES 80G

Tiny Anchovies are a powerhouse of flavor and nutrition! Their natural saltiness and crisp texture make them perfect for enhancing stews, soups, and sauces, or as a tasty, nutrient-dense snack.

NATURAL BENEFITS

They help strengthen bones, boost heart health, and support brain function. Tiny anchovies are packed with protein, omega-3s, and minerals, giving you big nutrition in a small, sustainable package.



SMALL TILAPIA 80G

Small Tilapia is a good source of high-quality protein. It is neatly packaged for easy storage and easy to carry around for your favorite dishes.

NATURAL BENEFITS

Small tilapia is low in fat, particularly saturated fat, with various essential nutrients, that play crucial roles in bone health, immune function, and metabolism.



NILE PERCH

A premium fish, low in fat yet full of flavor, Nile Perch offers a delicious way to maintain energy and vitality.

NATURAL BENEFITS

Naturally rich in high-quality protein and omega-3 fatty acids. Nile Perch supports heart health, enhances brain function, and strengthens the immune system, making it an ideal choice for families and health-conscious individuals.



GYMNARCHUS (SMOKED)

This premium freshwater fish supports heart health, boosts brain function, and helps build strong muscles with its nutrient-dense, low-fat meat.

NATURAL BENEFITS

It's a perfect choice for those seeking wholesome nutrition without compromising flavor. Whether grilled, stewed, or smoked, every bite delivers freshness, strength, and satisfaction.



PALM OIL (ZOMI) 5L

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VIRGIN PALM OIL 5L

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ZOMI SHITO 255G

Traditional recipe — Ingredients: Cayenne Pepper, Ginger, Garlic, Onions, Dried Herrings, Dried Barracuda Premium, Dried Shrimp, Velvet Tamarind, Scent Leave, Basil, Negro Pepper, Turkey Berry. No seed oils, no preservatives, no MSG. Shelf life 12 months ambient. HS Code 2103.90. FDA Certified and Lab Tested.

SUBSCRIPTION BENEFITS



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