



# MEDJOOOL DATES



# UNIQUE TASTE



Known for their large size and delightful taste of rich caramel, hints of wild honey, and a subtle touch of cinnamon.

The creamy flesh melts in your mouth with every bite, its bursting sweetness and succulent caramel flavor is pure satisfaction, keeps you coming back for more.

# NUTRITIONAL FACTS

VITAMINS & MINERALS	RDA*	DATES	VITAMINS & MINERALS	RDA*	DATES	AMOUNT PER 100 G	% Daily Value *
Vitamin A IU	900 µg	149 µg	Copper	0.9 mg	0.36 mg	<b>Total Fat</b> 0.2 g	19%
Thiamin B1	1.2 mg	0.05 mg	Iron	18 mg	0.9 mg	<b>Total Carbohydrate</b> 75 g	25%
Riboflavin B2	1.3 mg	0.06 mg	Magnesium	420 mg	54 mg	Dietary Fiber 7 g	28%
Niacin B3	16 mg	1.61 mg	Manganese	2.3 mg	0.29 mg	Sugar 66 g	
Vitamin B6	1.7 mg	0.24 mg	Phosphorus	1250 mg	62 mg	<b>Protein</b> 1.8 g	3%
Vitamin C	90 mg	0 mg	Potassium	4700 mg	696 mg	Vitamin A	2%
Folic acid	400 mg	0 mg	Zinc	11 mg	0.44 mg	Calcium	6%
Calcium	1000 mg	64 mg	Sodium	2400 mg	1 mg	Vitamin B6	10%

\*Recommended Daily Allowance (RDA) according to the US Food and Drug Administration (FDA).

\*The Percent daily values are based on a 2000 calorie diet.

# NUTRITIOUS FRUIT

Medjool dates are regarded as highly nutritious since they're packed with vitamins, minerals and antioxidants. They are naturally sweet, high in natural sugars and fiber providing sustained energy for your body.

Here are some of their health benefits:

- Natural Energy Booster
- Regulates Blood Pressure
- Decreases Cholesterol
- Promotes Digestion
- Improves Bone Health



## ENERGY

**1160 kJ**  
**277 kcal**

PER 100 G



# MEDJOOOL DATES SPECIFICATIONS

*Caramel Flavor*



## PREMIUM

DATE SIZE	ROYAL JUMBO	JUMBO	LARGE	MEDIUM	SMALL
WEIGHT / DATE	> 25g	21g - 25g	17g - 21g	14g - 17g	11g - 14g
SKIN SEPARATION	0% - 5%	0% - 5%	0% - 5%	0% - 5%	0% - 5%
MOISTURE CONTENT	23% - 27%	23% - 27%	23% - 27%	23% - 27%	23% - 27%
AVAILABLE PACKAGING	500g / 1kg / 2kg / 5kg				

Premium 1st Class Medjool dates are our **crown jewel**. They have perfectly tight skin, embellished with wrinkles, and are sweet, moist, and fibrous in texture. Selected according to the highest quality standards of Medjool. These premium dates come in different fruit sizes.



# MEDJOOOL DATES SPECIFICATIONS

*Caramel Flavor*



## DELIGHT

DATE SIZE	ROYAL JUMBO	JUMBO	LARGE	MEDIUM	SMALL
WEIGHT / DATE	> 25g	21g - 25g	17g - 21g	14g - 17g	11g - 14g
SKIN SEPARATION	5% - 20%	5% - 20%	5% - 20%	5% - 20%	5% - 20%
MOISTURE CONTENT	23% - 27%	23% - 27%	23% - 27%	23% - 27%	23% - 27%
AVAILABLE PACKAGING	500g / 1kg / 2kg / 5kg				

These Medjool dates have some minor skin separation. They have the same delicious taste and texture as our Premium dates. The Delight range is perfect for customers who are looking for quality dates at an affordable price. These dates come in different fruit sizes.



# MEDJOOOL DATES SPECIFICATIONS

*Caramel Flavor*



## CLASSIC

DATE WEIGHT RANGE	11g - 30g
SKIN SEPARATION	20% - 40%
MOISTURE CONTENT	23% - 27%
AVAILABLE PACKAGING	500g / 1kg / 2kg / 5kg

These Medjool dates have a high rate of skin separation and they tend to be slightly drier than the Premium and Delight range with the same delicious taste and flavor. These dates are great for cooking, baking and making natural sweet treats. Our Classic dates come in different fruit sizes.



# MEDJOOOL DATES SPECIFICATIONS

*Caramel Flavor*



## EXTRA JUICY

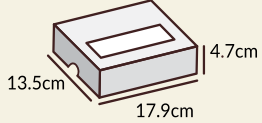
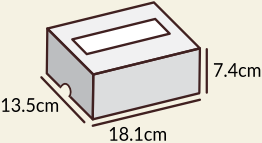
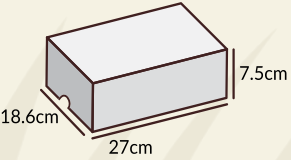
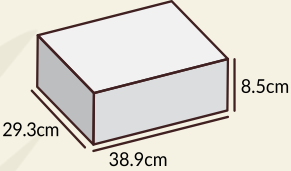
EXOTIC / BONBON

DATE WEIGHT RANGE	15g - 50g
SKIN SEPARATION	0% - 5%
MOISTURE CONTENT	> 27%
AVAILABLE PACKAGING	500g / 1kg / 2kg / 3.5kg / 5kg

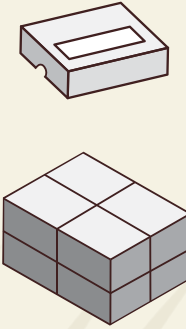
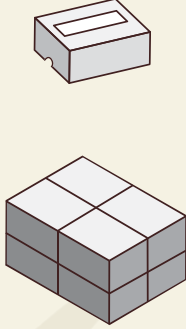
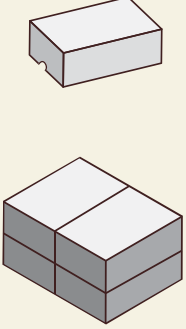
This succulent version of the Medjool will pleasure your senses with a juicy, caramel flavored pulp, so exquisitely soft and creamy that it will melt in your mouth with every bite. Our Extra Juicy dates come in different fruit sizes.



# PACKAGING RANGE

<p><b>500g Unit</b></p> 	<p><b>1kg Unit</b></p> 
<p><b>2kg Unit</b></p> 	<p><b>3.5kg/5kg Unit</b></p> 

# CAPACITY OF MASTER CASES

<p><b>500g Unit</b></p> 	<p><b>1kg Unit</b></p> 	<p><b>2kg Unit</b></p> 
<p><b>Capacity: 16 x 500g</b> 283 x 378 x 219 mm</p>	<p><b>Capacity: 8 x 1kg</b> 283 x 385 x 167 mm</p>	<p><b>Capacity: 4 x 2kg</b> 283 x 385 x 167 mm</p>

\*Private labeling and custom packaging are available on demand



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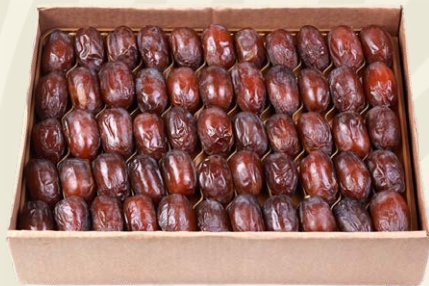
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# EXTRA JUICY 3.5KG PACKAGING



**BONBON**



**Capacity:**  
2 x Trays (55 Fruit pcs/tray)

**EXOTIC**



# STANDARDS FOR TRANSPORTATION

## Sea Freight Container

Container Size	Max. Number of Pallets	FCL Minimum Net Weight	FCL Maximum Net Weight
20' Reefer	9	6,480 kg	9,000 kg
40' Reefer	20	14,400 kg	20,000 kg

## Sea Freight Pallets

Pack	Units / Case	Units / Pallet	Cases / Pallet	Net Weight / Pallet	Transport Temp. -18°C
500g	16	1,440	90	720 kg	
1kg	8	880	110	880 kg	
2kg	4	440	110	880 kg	
3.5kg	-	200	-	700 kg	
5kg	-	200	-	1,000 kg	

## Air Freight Pallets

Pack	Units / Case	Units / Pallet	Cases / Pallet	Net Weight / Pallet	Transport Temp. 2°C to 8°C
500g	16	800	50	400 kg	
1kg	8	480	60	480 kg	
2kg	4	240	60	480 kg	
3.5kg	-	130	-	455 kg	
5kg	-	130	-	650 kg	

Pallet Dimensions: 100 x 120 x 15 cm

## Land Trucking

Max. 22 Pallets

Reefer trucks available to neighboring countries



# HANDLING & STORAGE GUIDELINES

## Tips for a better storage:

- Keep dates in a cool and dry place.
- Recommended storage temperature is -18 °C.
- Good cold chain management practices guarantees longer shelf life for dates.
- Avoid thawing and freezing multiple times, as this may affect the quality of dates.
- Medjool dates tend to dry out as they age, developing minor cosmetic defects such as skin separation and white sugar crystals on the surface, these defects develop at an accelerated rate when dates are kept out of -18 °C storage. Dates showing these defects are fit for consumption.

	BEST BEFORE		
	Room Temp.	Chilled	Frozen
	20°C to 24°C	0°C to 4°C	-18°C
PREMIUM	3 Months	10 Months	18 Months
DELIGHT	3 Months	10 Months	18 Months
CLASSIC	3 Months	10 Months	18 Months
EXTRA JUICY / Exotic	1 - 2 Months	3 Months	12 Months
EXTRA JUICY / BonBon	10 - 14 Days	20 Days	12 Months












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