

# MAX MARK

ماكس مارك ... للإستثمار الغذائي

COMPANY PROFILE 2023



QUALITY EFFECTIVENESS SELECTION RELIABILITY FOOD SAFETY





# WHY?

## MAX MARK

### **QUALITY:**

We assure you the highest quality of agricultural products in the market.

### **EFFECTIVENESS:**

Our products are well packed and quality controlled to be as fresh as possible.

### **SELECTION:**

We select only the finest quality products from our soil lands.

### **RELIABILITY:**

Transportation methods are ensured to deliver your cargo on time.

### **FOOD SAFETY:**

One more prerequisite, and one that is becoming increasingly important and more complex not only with regards to regulations but primarily due to our own sense of responsibility.



- Max speed For export is a company based in Egypt specialized since 2020 in the export of agricultural products.

- Our mission is to export products of the highest quality all around the world.

- Our wide product range includes ( fresh fruits and vegetables such as Lettuce, Cabbage, potatoes, sweet potatoes, Broccoli, Strawberry, Watermelon, Cantaloupe and Pomegranate among others. Moreover..

- We have the best farms in the country and follow the latest farming methods. This allows us to ensure that our products are grown, packed and stored in ideal conditions, thus guaranteeing product safety at the delivery.

Fruits and vegetables are stored in refrigerated equipment in our large warehouse and delivered in refrigerated trucks to keep them fresh.

- Our skilled team of experts including engineers, technicians, administrators and accountant make sure that everything runs smoothly from the production to the delivery.

- Our modern systems allow us to provide quality products at competitive prices to satisfy our customers. This earned us to be certified according to ISO 9001 standards.

- We work to pursue our goal which is to keep exporting to more countries.

Don't hesitate to contact us for more information

**All our products and services certified.**

ABOUT



To be unequivocally known as the Monarch of Exporters  
in the Egypt



- We maintain proper hygiene and ensure that the products reach you will be safe and ensure your good health.
- The products offered by us is cultivated and harvested without the use of harmful chemicals
- We follow timely delivery that saves client's valuable time and money



## CLIENTS:

Majority of our clients are based in countries such as Saudi Arabia, UAE



## CERTIFICATIONS:







# UR PRODUCTS

WE ARE EXPORTER OF FRESH FRUITS AND VEGETABLES FROM EGYPT. WE COULD  
SUPPLY YOU WITH THE FOLLOWING PRODUCTS:  
( POTATOES, ICEBERG, STRAWBERRY, GRAPES, POMEGRANATES, WATERMELON,  
CANTALOUPE .. ) AND OTHER AS THE FOLLOWING

### **BENEFITS:**

Cabbage is fairly low in calories, a good source of many minerals and known to have been used in medicine to treat acute inflammation.

### **NUTRITIONAL:**

Amount Per 100 grams

- 17 Calories
- 4 Grams of carbohydrate (including 1 gram of fiber and 2 grams of sugar)
- 1 Gram of protein
- 81.5 Micrograms of vitamin K
- 11 Milligrams of magnesium
- 22 Micrograms of folate



Cabbage has a round shape and is composed of superimposed leaf layers. It is a member of the food family traditionally known as cruciferous vegetables

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Broccoli is one of a vast array of plants that provide value to human beings. In the case of broccoli, it is a broadly nutritious food.

#### **BENEFITS:**

BROCCOLI IS THOUGHT TO BE IMPORTANT IN THE PREVENTION OF CERTAIN TYPES OF CANCER, ALONG WITH DIABETES, HEART DISEASE, OSTEOPOROSIS, AND HIGH BLOOD PRESSURE

#### **NUTRITIONAL:**

AMOUNT PER 76 GRAMS

- Energy (calories) 24.3
- Carbohydrate (g) 4.78 g, including 1 g of sugar
- Fiber (g) 1.82
- Calcium (milligrams [mg]) 35
- Phosphorus (mg) 50.9
- Potassium (mg) 230
- Vitamin C (mg) 40.5
- Folate (micrograms [mcg]) 49.4
- Vitamin A (mcg) 6.08



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## BENEFITS:

Watermelon is an excellent source of vitamin C and vitamin A. Watermelon also provides significant amounts of vitamin B6 and vitamin B1, as well as the minerals potassium and magnesium.

Pink watermelon is also a source of the potent carotenoid antioxidant, lycopene.

## NUTRITIONAL:

Amount Per 100 gramS

- Energy (calories) 46.2
- Carbohydrate (g) 10.8
- Fiber (g) 0.6
- Calcium [mg]] 10.8
- Phosphorus (mg) 16.9
- Magnesium (mg) 15.4
- Potassium (mg) 172
- Vitamin C (mg) 12.5
- Folate (mcg, DFE) 4.6
- Choline (mg) 6.3
- Vitamin A, RAE (mcg) 43.1
- Beta carotene (mcg) 467
- Lutein & zeaxanthin (mcg) 12.3 mcg
- Lycopene (mcg) 6,980
- Phytosterols (mg) 3.08





Cantaloupe melon makes a refreshing snack in the summer, and it contains nutrients that can benefit a person's health.

### **BENEFITS:**

Cantaloupe contains water which provide a variety of health benefits, antioxidants, vitamins, and minerals in it can help prevent cell damage that can lead to cancer and other health conditions and Antioxidants help remove free radicals from the body and prevent oxidative stress.

### **NUTRITIONAL:**

Amount per 100 grams

- Energy (calories) 60.2
- Carbohydrate (g) 14.4, of which
- sugar are 13.9 g
- Fiber (g) 1.6
- Calcium (mg) 15.9
- Iron (mg) 0.4
- Magnesium (mg) 21.2
- Phosphorus (mg) 26.6
- Potassium (mg) 473
- Sodium (mg) 28.3
- Vitamin C (mg) 65
- Beta carotene (mcg) 3,240
- Vitamin A (mcg RAE) 270
- Folate (mcg DFE) 37.2
- Lutein + zeaxanthin (mcg) 46
- Tocopherol, gamma (mg) 0.2
- Vitamin K (mcg) 4.4
- Potassium (mg) 473
- Sodium (mg) 28.3
- Selenium (mcg) 0.7





### **BENEFITS:**

The nutrients in strawberries help support the body's defense against Heart disease, Stroke, Cancer, High blood pressure and constipation .

### **NUTRITIONAL:**

Amount Per 100 grams

- Calories: 32 calories
- Protein: 0.7 g
- Carbohydrates: 7.7 g
- Dietary fiber: 2 g
- Calcium: 16.2 milligrams (mg)
- Iron: 0.41mg
- Magnesium: 13.25 mg
- Potassium: 153 mg
- Vitamin C: 58.60 mg



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Strawberries, like other berries, are rich in vitamins, minerals, fiber, and compounds with antioxidant and anti-inflammatory properties. As part of a nutritious diet, they can help prevent various conditions



# POMEGRANATE

Pomegranates are round, red fruits. They feature a white inner flesh that's densely packed with crunchy, juicy edible seeds

## **BENEFITS:**

Pomegranate contains antioxidants and anti-inflammatory substances.

Pomegranate juice may benefit people with inflammatory conditions, diabetes, and other health issues. It may also boost digestion and memory and help prevent cancer.

## **NUTRITIONAL:**

Amount Per 174 grams

- Vitamin C: 30% of the RDI
- Vitamin K: 36% of the RDI
- Fiber: 7 grams
- protein: 3 g
- Folate: 16% of the RDI
- Potassium: 12% of the RDI



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### **BENEFITS:**

Guava is a traditional remedy for a range of health conditions. Research suggests that guava fruits and leaves may have a number of benefits.

### **NUTRITIONAL:**

Amount Per 100 grams

- 68 calories
- 14.32 g of carbohydrates
- 8.92 g of sugars
- 0.95 g of fat
- 5.4 g of dietary fiber
- 417 mg of potassium
- 228.3 mg of vitamin C
- 624 international units of vitamin A



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The guava fruit, serves as a nutritious. guava leaves have been used for treating ailments ranging from cancer to inflammation and diabetes.





Potatoes are edible tubers, available worldwide and all year long. They are relatively cheap to grow, rich in nutrients and they can make a delicious treat

#### **BENEFITS:**

Potatoes help reduce inflammation and constipation. A medium potato contains around 164 calories and 30 percent of the recommended daily B6 intake.

#### **NUTRITIONAL:**

Amount Per 177 grams

- 94 calories
- 0.15 grams of fat
- 21.08 grams of carbohydrate
- 2.1 grams of dietary fiber
- 2.10 grams of protein
- 10 milligrams (mg) of calcium
- 0.64 mg of iron
- 27 mg of magnesium
- 75 mg of phosphorus
- 544 mg of potassium
- 12.6 mg of vitamin C
- 0.211 mg of vitamin B6
- 38 micrograms (mcg) of folate

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### BENEFITS:

Sweet potato may offer a variety of health benefits. Here are some of the ways in which they may benefit a person's health as Balancing blood pressure levels, reducing the risk of cancer, improving digestion and regularity and protecting eye health.

### NUTRITIONAL:

Amount per 124 grams

- Energy (calories) 108
- Protein (g) 2
- Fat (g) 3
- Carbohydrate (g) 18.7,
- Fiber (g) 2.48
- Iron (mg) 0.7
- Calcium (mg) 50.8
- Magnesium (mg) 19.8
- Phosphorus (mg) 50.8
- Sodium (mg) 306
- Selenium [mcg] 0.9
- Vitamin C (mg) 12.8
- Folate (mcg) 7.44
- Choline (mg) 14.4
- Vitamin A, RAE (mcg) 823
- Beta-carotene (mcg) 9,470
- Vitamin K (mcg) 5.1
- Cholesterol (mg) 1.24





### **BENEFITS:**

ICEBERG LETTUCE IS AN EXCELLENT SOURCE OF VITAMIN A, VITAMIN K, AND VITAMIN C.

IT IS ALSO A GOOD SOURCE OF THIAMIN, VITAMIN B6, AND FOLATE (VITAMIN B9).

### **NUTRITIONAL:**

AMOUNT PER 70 GRAMS

- 65.4 G OF WATER
- 13.3 KILOCALORIES
- 1 G OF PROTEIN
- 2.7 G OF CARBOHYDRATE
- 2.2 G OF FIBER
- 43.4 MILLIGRAMS (MG) OF CALCIUM
- 0.6 MG OF IRON
- 14 MG OF MAGNESIUM
- 24.5 MG OF PHOSPHORUS
- 229 MG OF POTASSIUM
- 17.5 MG OF SODIUM
- 90.3 MICROGRAMS (MCG) OF FOLATE
- 194 MCG OF VITAMIN A
- 8.1 MG OF VITAMIN C
- 2,320 MCG OF BETA-CAROTENE
- 147 MCG OF VITAMIN K

# LETTUCE

-LETTUCE IS A CRISPY SALAD GREEN WITH HIGH NUTRITIONAL VALUE. ITS VITAMIN AND MINERAL CONTENT OFFERS A RANGE OF HEALTH BENEFITS



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### **BENEFITS:**

Onions have antioxidant and anti-inflammatory effects. They may lower blood sugar levels, improve bone health, and reduce the risk of several types of cancers..

### **NUTRITIONAL:**

Amount per 100 grams

- Calories 40
- Water 89%
- Protein 1.1 grams
- Carbs 9.3 grams
- Sugar 4.2 grams
- Fiber 1.7 grams
- Fat 0.1 grams



**ONIONS**

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# CAYENNE PEPPER

## **BENEFITS:**

Cayenne peppers can provide a variety of health benefits. These include Pain Relief, Psoriasis Treatment, Digestive Health and Reducing Cancer Risk

## **NUTRITIONAL:**


A single tablespoon (5.3 grams) of cayenne pepper

- Calories: 17
- Protein: 0.6 grams
- Fat: 0.9 grams
- Carbohydrates: 3 grams
- Fiber: 1.4 grams
- Sugar: 0.5 grams




# CONTACT

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EXPORT POTENTIAL OF FRUITS AND VEGETABLES

