

Watermelon Seeds

The seeds are extracted from watermelon, cultivated in large quantities in western Sudan areas.

Watermelon seeds are one of the most nutrient-dense varieties of seeds. They are a rich source of proteins, vitamins, omega 3 and omega 6 fatty acids, magnesium, zinc, copper, potassium, and more. These seeds are high in calories though, so you need to be mindful of your portions.

Watermelon seeds are used in Naturopathic medicine because it contains magnesium which regulates blood pressure and has a beneficial effect on blood sugar. Watermelon seed oil is primarily used for cosmetics.

Types: Sadir Grade - Farash Grade - Kashair Grade - Jumbo Grade.

General specifications of watermelon produced in Sudan:

White, and brownish

Moisture (5.9 - 9%) Protein 37.4% - Oil content 50-51%. MM - 12 MM

Purity 99% - (Size between 8mm - 12 mm).