



Company

Asa Dried

Fruits





| About Us

Asa Dried Fruits Company, with the aim of offering healthy and high-quality products, brings Estahban Figs to the market. Estahban figs are one of the most diverse and popular Iranian fruits, known globally for their delicious taste and numerous nutritional benefits. The name "Estahban Fig" is recommended in many dietary and therapeutic programs—especially for conditions like nausea and anemia—thanks to its pleasant taste. This sweet fruit, with high nutritional value, provides approximately 52 kilocalories per 100 grams and offers a delightful flavor suitable for daily consumption. It's considered one of the healthiest natural products, widely recognized for its numerous health benefits. Due to the fruit's warm nature, fig consumption is believed to alleviate symptoms such as fever, colds, pimples, and eczema





| Important Note

It's important to know that using herbal infusions and decoctions can improve overall health
Studies show that fig consumption accelerates recovery in individuals dealing with certain illnesses



| Estahban Fig and Its Health Effects

Estahban figs are rich in dietary fiber, which helps prevent digestive problems such as constipation and irritable bowel conditions. Laboratory studies suggest that consuming figs may improve blood sugar levels and reduce the risk of type 2 diabetes. Additionally, Estahban figs are a great source of antioxidants, which protect cells from oxidative damage and may prevent chronic diseases
Recently, Estahban figs have also gained recognition for their antimicrobial and antifungal properties



| Health Benefits of Estahban Figs

It refers to reducing inflammations, improving digestive system function, controlling blood sugar levels, preventing cardiovascular diseases, strengthening the immune system, and maintaining skin health





| Scientific Research on Estahban Figs

**Studies on Estahban figs show they can promote cell growth
and enhance Tao-2 synthesis in plant cells
Additionally, the hydrogen bonding between fig compounds
supports the structure of vital cells**





Research Findings

Some researchers suggest that the antioxidants in Estahban figs help preserve food quality and protect against spoilage. With their unique combination of nutrients, fiber, and antioxidants, they are one of the best options for a healthy and diverse diet. In addition to nutritional value, their medicinal and antimicrobial properties make them effective in preventing and .treating many illnesses





Characteristics of Estahban Figs

Estahban figs are widely recognized for their high quality and rich taste, natural aroma, and nutritional value. Dried Estahban figs vary in quality, mainly due to sorting and pricing standards, including fig size, skin color, and whether the fig is open-mouthed or closed. The figs are sun-dried naturally on the tree, which preserves their nutrients. Because they're not picked during the drying process, they remain light-colored and bright. If picked before drying, the color darkens and quality decreases. The best harvesting method is letting figs dry on the tree, fall naturally, and then be collected, sorted, disinfected, and packed. They are also considered organic, as they are typically produced without chemical additives.





| Types of Estahban Figs

Estahban figs are classified based on key criteria like fig size, skin color, mouth opening (open or closed), and how varieties are mixed in packaging

:Size categories include

Triple A (AAA): Diameter over 22 mm

Double A (AA): Diameter 18–22 mm

A Grade (A): Diameter 14–18 mm

B Grade (B): Diameter 8–14 mm

C Grade (C): Diameter under 8 mm

Sorting is done using automated sizing machines, followed by advanced color-sorting in packaging workshops





Our Overview

The vision of Asa Dried Fruits is to become the most advanced and reputable brand for Estahban fig production both domestically and internationally. Our aim is not only to deliver products with excellent flavor and quality but also to elevate the standards of the Estahban fig industry and establish this authentic Iranian product as a globally recognized symbol. Including Estahban figs in one's daily diet can significantly contribute to improved health and quality of life.

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