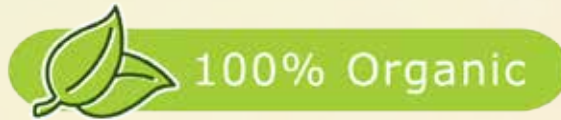
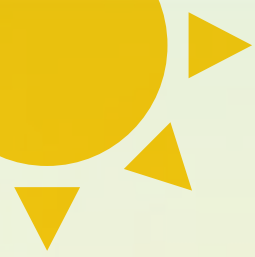




# PRODUCT CATALOG

*all products from tropical sri lanka...*





**CoCoBeen**  
Nature's Super Food



## Metshu Exports (Pvt) Ltd

286/1 Daraluwa Estate, Daraluwa ,SriLanka

Hot Line: (+94) 77 967 3979 / (+94) 31 229 8633

Fax: (+94) 31 229 9636

E-mail: [metshuexporters@gmail.com](mailto:metshuexporters@gmail.com)

Website : [www.metshu.com](http://www.metshu.com)



Metshu Exports (pvt) Ltd is an organic food product manufacturing company who is currently exporting to more than 15 countries around the world. The Mother company of Metshu was incorporated in the year 1988 and during a long period of over 30 years, the company has progressed steadily with a of organic coconut based products such as Coconut Milk, Creamed Coconut, Desiccated Coconut, Coconut Water, Virgin Coconut Oil, Coconut Flour , King coconut water and a collection of coconut based products.

Being a World wide supplier of certified Organic Coconut Products we are committed to provide our products with high 100% quality . We are the company who is more keen about customer's comments and feedback and also we are always take care them.

Currently we are doing various innovations with Raw coconuts and trying to introduce more valuable new products time to time . We have a well experienced innovation team in order to make all success .

After establishing the company in manufacturing , prudent investments in property and plantations were made to enhance the business.

Metshu always trying to offer the maximum benefits to its customer and build a strong business relationship with them even not considering big or small orders .

Metshu Exports (Pvt) Ltd is always trying to be your most trusted partner and supplier for coconut based products from Sri Lanka,

Want to learn more about our products, projects or philosophy? Do not hesitate to contact us.





## **VISION**

“To Enrich human lives”

## **MISSION**

“Provide a best quality Products”

“Introduced a new Products”

“Deliver high customer service in  
logistics from factory to shelf”

“Assure quality in manufactured  
products”

## CHAIRMAN'S MESSAGE



I started Metshu Exports (Pvt) Ltd company to produce coconut based products ten years ago and my family doing coconut products business since 1988. So I have experience well experiences with this area . In short span Metshu decided to introduce new products to the market. Today Metshu has varieties of products including Virgin Coconut Oil, Coconut Flour, Coconut Milk, Coconut Cream, Desiccated Coconut, Coconut Chips, Coconut Water and King Coconut Water.

Our Virgin Coconut Oil is made in highest quality, free from all chemicals and with the purest and freshest coconut aroma and light taste. Our quality control is stringent all our products are 100% natural and we have organic certification for our coconuts. Metshu's each product category have different factories (coconut based products and virgin coconut). Today we have employed a workforce of near 200 including well experienced management.

We export to more than 15 countries including USA, Canada, Australia, New Zealand, EU countries Taiwan , Japan etc. We are committed to provide our valued customers with high quality Coconut products that are environmentally friendly.



## STRENGTH & CAPACITY

As a different coconut products manufacturer we have 4 different factories for coconut based products , virgin coconut oil and dried fruit . Specially we are always consider the hygiene side and product quality as our first point. We are a well-planned organization because we are maintaining an effective time line from the very first beginning to the last end when we producing our products . Because we know we should keep the promise on delivery time. Through these processing facilities we have offered more than 200 job opportunities to villagers and we hope to expand it gradually. Metshu is very customer friendly and flexible company that always ready for exporting high quality products to international market.

As a professional company in these products by working with us our customers could easily obtain following features :-

- Quality is our best-selling guarantee
- Various styles
- Well-chosen raw material
- Good products feature
- Good after-sales service
- Good quality and service
- Competitive price
- Secure order/ fastest shipping



# OUR GLOBAL PRESENCE



# OUR PRODUCTS RANGE







# CoCoBeen

## VIRGIN COCONUT OIL (Cold-Pressed)

"CocoBeen" Virgin Coconut Oil is produced in the tropical Island of Sri Lanka. Virgin Coconut oil is the healthiest oil you can choose. It drains out while squeezing the dehydrated coconut meat. No Chemicals or high heat is used during the extraction process. Why choose anything else when you can choose the best.

Kernel Disintegration, Low Temperature Drying, cold press expeller extraction heat treatment not exceeding 55°C which has been purified by physically filtered oil.

## OUR SPECIAL FLAVORED VIRGIN COCONUT OIL

- ✓ Red Chili Flavored
- ✓ Cinnamon Flavored
- ✓ Turmeric Flavored
- ✓ Ginger Flavored

### Nutrition Facts

Serving Size 1 Tbsp. (14g)

Serving Per Container About 28

#### Amount Per Serving

Calories 120      Calories from Fat 120  
% Daily Value\*

**Total Fat** 14g      **22%**

Saturated Fat 13g      **63%**

Trans Fats 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1g

**Cholesterol** 0g      **0%**

**Sodium** 0g      **0%**

**Total Carbohydrates** 0g      **0%**

**Protein** 0g

\*This Nutrition may vary naturally





# CoCoBeen

## ORGANIC COCONUT FLOUR

"CocoBeen" Coconut flour processed from the meat is first cold pressed to separate the oil; dried and ground into a fine consistency. Coconut flour contains highest levels of dietary fiber. A fine, 100% pure flour that allows you to bake high quality, gluten free, low carbohydrate foods. This flour is high in fibre and expands during baking, is gluten-free and hypoallergenic. It is ideal for those who follow a low-carb eating plan. It works well as part of a weight loss program because it's high fiber content helps provide a feeling of satiety.

- ✓ Gluten Free
- ✓ No preservatives
- ✓ No artificial flavors
- ✓ Certified Organic & Non-GMO

Nutrition Facts	Per 100g
Energy	365.2Kcal
Carbohydrate	37.1g
of which sugar	12.6g
Total Fat	16.8g
Trans fat	0.0g
Saturated fat	16.0g
Protein	16.4g
Fiber	18.2g
Sodium	44.6mg
Calcium	32.9mg
Vitamin A	320µg
*This Nutritions may vary naturally	



# CoCoBeen

## ORGANIC COCONUT CHIPS TOASTED / ROASTED

"CocoBeen" Organic Coconut Chips toasted slivers have a warm, nutty taste, and can be added to your cooking, baking, muesli and cereals, or just eaten on their own as a great, healthy snack! Unlike other coconut chips, our chips are prepared from the pure white meat of coconuts grown in Sri Lanka.

Coconut Chips are a ready to eat snack food. Dehydrated mature coconut Kernel slicers Product Obtained by drying the shredded white meat of coconut. This is available as Natural and Toasted.

### Benefits of Coconut Chips

- Gluten-Free
- Rich In Dietary Fiber
- High In Beneficial Fats
- Safe For Diabetics

### Nutrition Facts

Nutrition values per 100g

Energy	593k
Cal Energy	2942kJ
Fat	62g
Saturates	53.02g
Carbohydrate	6.4g
Protein	5.6g

\*This Nutrition may vary naturally





# CoCoBeen

## ORGANIC COCONUT MILK

Coconut milk is the liquid that comes from the grated meat of a brown coconut. It should not be confused with Coconut water. Due to Organic nature, the product is free from Cholesterol and Hydrogenated fat. No additives ! You can use it in coffee and tea and in making your favorite dishes. Fresh coconut milk has a consistency and mildly sweet taste similar to that of cow's milk, and if properly prepared, should have little or no coconut odour. It may be consumed raw by itself, or used as a milk substitute in tea, coffee, or baking by vegans or people allergic to animal milk. It can also be mixed with fruit to make a yoghurt substitute. Coconut milk is an essential ingredients for curries.

### Nutrition Facts

#### Nutrition Values Per 100ml

<b>Calories</b>	<b>200 (837 kJ)</b>	
<b>Calories from Fat</b>	<b>150%</b>	
<b>Total Fat</b>	<b>16.7g</b>	<b>26%</b>
Sat. Fat	11.7g	58%
Trans Fat	0g	
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>6.7g</b>	<b>2%</b>
<b>Protein</b>	<b>1.7g</b>	

\*This Nutritions may vary naturally





# CoCoBeen

## ORGANIC CREAMED COCONUT

"CocoBeen" creamed coconut is the product that can provide you all the nutritive ingredients of coconut. It gives rich taste and mouth feel constitution to all your food preparations.

### Benefits of Creamed Coconut

- Healthy fat for long term energy
- High in fiber
- Completely vegan friendly
- Good for keeping the hormones healthy and balanced

### Nutrition Facts

#### Nutrition Values per 100g

<b>Calories</b>	<b>679</b>	
<b>Calories from Fat</b>	<b>579</b>	
<b>Total Fat</b>	<b>64.286g</b>	<b>100%</b>
Saturated Fat	57.143g	286%
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b>	<b>12mg</b>	<b>0%</b>
<b>Carbohydrates</b>	<b>25g</b>	<b>7%</b>
<b>Dietary Fiber</b>	<b>17.857g</b>	<b>71%</b>

\*This Nutritions may vary naturally



# CoCoBeen

## ORGANIC COCONUT SUGAR

Coconut sugar produced from the sap of cut flower buds of the coconut palm. Coconut sugar has been used as a traditional sweetener for thousands of years in the South and South-East Asian regions where the coconut palm is in abundant supply. Coconut sugar is also called Coconut Palm Sugar.

Coconut sugar is very high in calories (same as regular sugar) and you'd have to eat a ridiculous amount of it to satisfy your need for the above nutrients.

### Qualities

- No preservatives
- No artificial flavors
- Certified Organic & Non-GMO

### Nutrition Facts

Serving Size : 1 tsp (4g)

#### Amount Per Serving

<b>Calories</b>	<b>15</b>	
Calories from Fat		0
	<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>	
<b>Sodium</b> 0mg	<b>0%</b>	
<b>Total Carbohydrate</b> 4g	<b>1%</b>	
Dietary Fiber 0g		<b>0%</b>
Sugars 4g		
<b>Protein</b> 0g		

\*This Nutrition may vary naturally



# CoCoBeen

## ORGANIC COCONUT WATER

Coconut water is the clear liquid inside young green coconuts (fruits of the coconut palm). In early development, it serves as a suspension for the endosperm of the coconut during their nuclear phase of development. Coconut water has less sugar than many sports drinks and much less sugar than sodas and some fruit juices. Plain coconut water could be a better choice for adults and kids looking for a beverage that is less sweet. This pure liquid is packed with nutrients that yield an array of many health benefits. If you constantly encounter difficulty during the digestion process, coconut water may provide a source of relief. Because of its high concentration of fiber, it aids in the prevention of indigestion and reduces the occurrence of acid reflux.

### Nutrition Facts

#### Nutrition Values Per 100ml

<b>Calories</b>	<b>18 (76 kJ)</b>	
<b>Calories from fat</b>	<b>0</b>	
<b>Total Fat</b>	<b>0g</b>	<b>0%</b>
Sat. Fat	<b>0g</b>	<b>0%</b>
Trans Fat	0g	06.6%
<b>Cholesterol</b>	<b>0mg</b>	<b>2%</b>
<b>Total Carbs</b>	<b>4.5g</b>	

\*This Nutrition may vary naturally

### Benefits of Coconut Water

- Picture-Perfect Skin
- Aids in Weight-loss Efforts
- Facilitates Digestion
- Rich in Nutrients
- Compatible with Human Blood





# CoCoBeen

## ORGANIC DESICCATED COCONUT (FINE / MEDIUM)

Desiccated Coconut is a grated, dried and unsweetened fresh meat or kernel of a mature fruit of coconut. Desiccated Coconuts are graded by its cutting size, for example, fine grade and medium grade where fine grade is smaller particle size than the medium grade.

Desiccated Coconut is ideal for use as fillers, toppings and as ingredients, especially in the baking of biscuits, snack bars, cakes, cookies and so on.

### Nutrition Facts

#### Nutrition Values Per 100ml

<b>Calories</b>	<b>250</b>
<b>Total Fat</b>	<b>25 g</b>
Polyunsaturated	0g
Monounsaturated	0g
Trans	0g
<b>Total Carbs</b>	<b>0g</b>
<b>Dietary Fiber</b>	<b>7 g</b>
<b>Cholesterol</b>	<b>0mg</b>

\*This Nutrition may vary naturally







# CoCoBeen

## KING COCONUT WATER

King coconut is a sub class of coconut and unlike coconut this produce only use of consumption its tastier water. King coconut shell is orange in color so it is much easier to find it from ordinary coconut. King coconut water is much popular as a healthy drink which contains a lot of ingredient which essential to human body. Sri Lanka is the highest producer for king coconut and most of Sri Lankan use this drink for their daily consumption. King Coconut drink can considered as highly sweet and good beverage and this product is 100% natural . So without adding additional artificial ingredient we can consume the best natural sweet beverage to our daily consumption.

### Benefits of King Coconut Water

- The King coconut is a variety of coconut native to Sri Lanka
- Sweeter than regular coconuts
- King coconut water consists minerals like calcium
- King coconut also enrich with bio active enzymes
- It contains iron and phosphorus and some vitamin

### Nutrition Facts

#### Nutrition Values per 100g

Energy	19 kcal
Carbohydrates	3.71g
Protein	0.72g
Total Fat	0.20g
Cholesterol	0mg
Dietary Fiber	1.1g
Sodium	105mg
Potassium	250mg

\*This Nutritions may vary naturally





# CoCoBeen

## RBD COCONUT OIL

RBD coconut oil, as the name suggests, has gone through extensive processing to extract its oil. Coconut oil goes through refinement, bleaching and deodorizing to achieve what you commonly see in their bottles. The less processing a food undergoes, the higher the nutrient content and the healthier it is. Processing removes and destroys nutrients. RBD is tasteless and odorless. This means that all the phytonutrients have been removed.

RBD coconut oil comes from dried coconuts (copra). Coconuts are cracked open and the meat is dried usually under the sun although ovens may be used. Open coconuts are left in the sun exposed to the elements for days and even weeks before they are processed further.

<b>Nutrition Facts</b>	
Serving Size 1 Tbsp. (14g)	
Serving Per Container About 28	
<b>Amount Per Serving</b>	
Calories 120	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 13g	<b>63%</b>
Trans Fats 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0g	<b>0%</b>
<b>Sodium</b> 0g	<b>0%</b>
<b>Total Carbohydrates</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

**\*This Nutrition may vary naturally**





# CoCoBeen

## COCONUT CHIPS

All natural, dried, unsweetened organic coconut chips with no additives. These organic coconut chips have a mild flavor and light, crisp texture that is perfect for your recipes. They are great for baking, cooking or anything that requires coconut.

### Benefits of Coconut Chips

- Gluten-Free
- Rich In Dietary Fiber
- High In Beneficial Fats
- Safe For Diabetics

<b>Nutrition Facts</b>	<b>Per 100g</b>
Energy	653Kcal
Protein	8.0g
Total Fat	66.5g
Saturated fat	63.0g
Trans fat	0.0g
Sodium	19.0mg
Fiber	13.2g
Carbohydrate	5.5g
Iron	2.2mg
Calcium	7.14mg
Potassium	580mg
Vitamin A	256µg

\*This Nutritions may vary naturally



## OTHER PRODUCTS



DEHYDRATED PAPAYA



DEHYDRATED BANANA



DEHYDRATED PINEAPPLE



CINNAMON



CEYLON TEA



PEPPER



LIME



TURMERIC POWDER



MORINGA POWDER