

SAM&JIM
live life fullest



Company Profile





Offering Better Solutions

Keeping It Fresh

By means of, Air & Sea Transportation Channels.

A top-down view of a rustic still life arrangement on a dark wooden surface. The scene includes a variety of fresh produce: a large bowl of leafy greens on the left, a basket of green beans, a bowl of red onions, a bunch of green peppers, and several pomegranates, some whole and some cut open to reveal their seeds. There are also avocados, some whole and some sliced. In the center, there are wooden spoons, a small bowl of chickpeas, and a woven basket. The overall aesthetic is natural and earthy. The text 'The Story' is overlaid in the center, with 'The' in white and 'Story' in red. Below it, 'An Intro' is written in white.

The Story

An Intro



About *Us*

Sam & Jim Holdings (Pvt.) LTD., is a Sri Lankan based organization which was established to identify and supply the best Fresh and Ambient foods within Sri Lanka for global trade.

Exporting to the world the wonderful tastes from **Sri Lanka**.

A passion project led by two founders with a dream of introducing the enriching flavors and spices of Sri Lanka for everyone in the world to enjoy a life of wellness.

Our Standards

Live Life Fullest



Mission Statement

To encourage the world to develop the habits of eating well and living well by providing the best of the best products that's daring to the mind and inspiring to the spirit



Vision Statement

Provide source to table products that will amaze the culinary taste of consumers "Beyond Expectations".



Export of Local Fruits



The Papaya

is very helpful for the prevention of heart disease, it's an excellent source of the powerful antioxidants vitamin C, vitamin A and folate. In addition, it is a good source of dietary fibre, magnesium, potassium, copper, and vitamin K. It plays a major role in the prevention of colon cancer.



The Passion Fruit

Pleasantly sweet and tart, the delicious passion fruit is a rich source of antioxidants, minerals, vitamins and fibre. It is a very good source of dietary fibers acting as a laxative. Its richness in potassium helps regulate heart rate and blood pressure.

The Mangosteen

The purple Mangosteen, acclaimed for its unique appearance and flavour is often revered as queen of the tropical fruits. Mangosteen aids in promoting red blood cells and prevents against anaemia. Vitamin C in Mangosteen is effective against cataracts. 1000mg Vitamin C per day is said to be effective in curbing cataracts and improving vision. It also helps to control the level of triglycerides, contains high amounts of minerals like copper, manganese, magnesium and potassium providing protection against strokes and coronary heart diseases.

The fruit has three major parts: the deep purple inedible rind, the white edible flesh which is segmented like oranges and the seeds, found within the flesh. The seed is extremely bitter and can't be eaten.

Did you know that one of the major health benefits of Mangosteen is its effectiveness in treating Alzheimer's disease?!



The Anoda

Being rich in energy, carbohydrates, sugar, dietary fibre, fat and protein it is well liked by many, both locals and foreigners. It is a rich source of vitamin B, C and minerals. Native doctors use it for hair lice, fever, wounds, cough, constipation, hypertension and Diarrhoea.

Although not known by many it is a remedy for cancer too!

So no doubt that this is, of course, a divine fruit that mother nature has given us. Its health benefits are unique. As unique as unique can be!




The Guava

Guava a day keeps the wrinkles away As it is known to be full of vitamin C and A it is never detested by anyone who is after nutrition. It is highly profuse with dietary fibre and minerals. Not only that it reduces blood pressure and has antioxidants for skin. Plus, it is a traditional treatment against diabetes which is a nagging worry for most people nowadays.



The Sapodilla



It is an evergreen fruit bearing tree and it is a commercial crop in Sri Lanka. It, of course, is a berry which has a round or oval shape. This fruit is popular like mangoes , bananas, and jackfruits. It has a soft pulp which can be digested easily. Sugars like fructose and sucrose contain in its juicy pulp. It is adorned with a slightly musky flavour and has a smooth or grainy texture. Also, it has a seed that is not edible. One should enjoy it alone without accompaniment to experience its unique flavour. However, it must be washed with cold water before eating as it has a sandy scruff.



The Beli

This large fruit may be a tough one to crack, but it is worth the trouble. The juice of the *beli* is believed to be one of the most nutritious fruit drinks among a wide range of healthy options available. It has many health benefits; especially concerning the digestive system, and has been used in Ayurveda medicine to treat conditions such as diarrhoea, constipation, and dysentery. It is also used to cure ulcers in the bowels caused by inflammation or infection, diabetes, chronic fever, nausea and vomiting, gastritis, and bleeding disorders. Bael fruits also contain vitamin B1 and B2, protein, and riboflavin.

The RoseApple

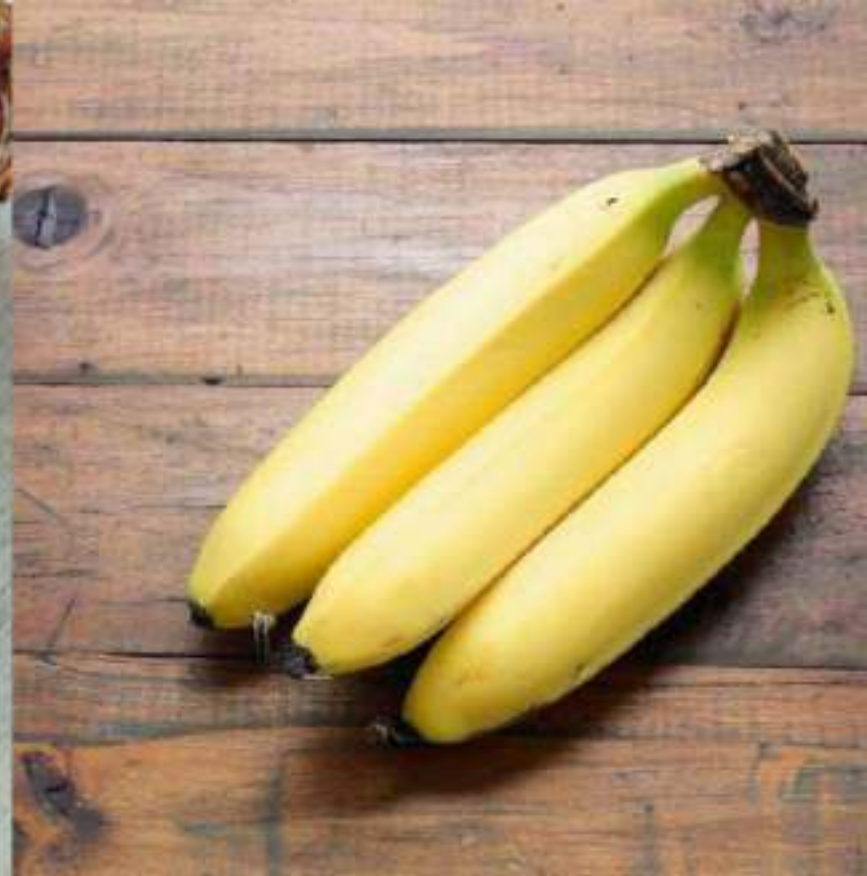
These juicy pink fruits are a favourite during the *avurudu* season, and the fact that they, too, have a low glycemic index makes it beneficial to diabetics. The fruits also contains 'jambosine', a type of alkaloid that has had positive results in blocking or regulating the conversion of starch to sugar. Research is currently underway to determine the effect of jambosine on blood sugar levels. There has also been evidence to show that *jambu* has antimicrobial and anti-fungal effects as well, and its richness in vitamin C allows for a stronger immune system, and prevention of various skin infections. The high fibre content of the fruit also helps in preventing serious health conditions in the digestive system.



The Wood Apple

is famous for its amazing health and medicinal benefits. Every part of this fruit tree, root, leaves, seeds is usable for medicinal purposes because of its high level of nutritional values. It acts as an instant energy booster and energizes the body, it enhances the metabolism process. Wood apple is iron rich fruit which has ability to balance the hemoglobin count in women during pregnancy, and eating the pulp reduces morning sickness. It helps in enhancing the production of breast milk among lactating mother





The Pineapple

are tropical fruit that are rich in vitamins, enzymes and antioxidants. They may help boost the immune system, build strong bones and aid indigestion. Also, despite their sweetness, pineapples are low in calories.

According to the Department of Agriculture, many varieties of bananas grow freely all over Sri Lanka, all year round. They are cultivated in large, medium, and small-scale orchards, and in home gardens. While there are said to be almost 1,000 varieties of bananas in the world, which subdivide into about 50 groups, Sri Lanka boasts of 29 varieties, the greater number of which appear to be indigenous to the country (although several are said to have been brought from South India, or scientifically introduced to Sri Lanka).

The Banana



The Mango

Popularly known as the king of fruit, belongs to **Anacardiaceae** family of trees. Taste, flavour and fragrance of mango is very characteristic.

Mango is consumed as ripe and unripe fresh fruit as well as various processed products. Pickles and chutneys are made from unripe mango. Different types of drinks, jams, jellies are prepared using ripe fruit. Likewise, dried and dehydrated mango pieces and mango powder is also seen in the market.

Medicinal properties:

Both unripe and ripe mango has medicinal properties. A drink made out of unripe mango is used as a remedy to prevent various body ailments caused by a raise in ambient air temperature. Unripe mangoes are also used in treating stomach problems and to stimulate bile formation and in treatment of blood related diseases. Ripe mango has many medicinal properties. Consumption of ripe mango is useful to overcome night blindness and to protect health of skin. There is a common belief that consumption of ripe mango with cows milk helps gain weight.

COCO SHELL – CHARCOAL BRIQUETTES



Made from coconut shell

FRESH & FROZEN SEAFOOD



WILD CAUGHT SHRIMPS – SRI LANKA



FRESH WATER FARMED

ORGANIC AMBIENT RANGE OF FRUITS



PARTICIPATION IN VIRTUAL EXHIBITION

WE HAVE PARTICIPATED IN THE EXHIBITION THAT TOOK PLACE IN YUNANN CHINA.

CHINA SOUTH ASIA
EXP 中国-南亚博览会
暨中国昆明进出口商品交易会
中国—南亚博览会 THE CGA-EPPO AND THE KUNMING FAIR

2020 “永不落幕的南博会” 在线展

The Everlasting China-South Asia Online Expo 2020

2020.12.12-2020.12.18

Thank You

