

Special "Healthy"
products to prepare
Italian Macaroni

Healthy Oils...
your loyal
health friend

What is the
relation of Chia
Seeds and diet?

Nine benefits of
Quinoa Seeds will
push you to eat

تعاونية الشارقة

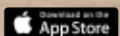
SHARJAH CO-OP

More Than You Need



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10

Have a look on benefits of Quinoa

Healthy Products

Dear customers .. In appreciation of our loyalty and permanent loyalty to "Sharjah Cooperative", we offer you a directory of your favorite healthy products from "Sharjah Cooperative", which was prepared to collect an important collection of "healthy" products that are considered a priority for those who maintain their health and vitality.

We also offer you varieties of nutritional supplements of various uses, with a brief explanation of some of them, hopfully will help you in your shopping and achieve all the health and well-being you want.

Sharjah Cooperative operates with its 35 branches to delineate in your faces the meanings of contentment and trust, and welcomes any opinion that would improve its services.



12

Do you know pumpkin seeds



20

have you experienced healthy flour?



16

Learn about the variety of "healthy" seeds

Benefits Of Eating Healthy Food



In the term of our lifestyle, it is becoming very necessary to improve the unhealthy of today's time. and stoping eating randomly, If you want to keep your body healthy then definitely include **Healthy Foods** in your diet. With so many benefits you can make your life healthy all the way. In this directory **Sharjah Coop** telling you about the countless benefits of consuming healthy food from it's healthy products shelves.

100% HEALTHY

Meadows Peanut Butr Bar Super Seeds 40gm

7.45 AED

100% HEALTHY

Meadows Healthy Peant Butter Bar M.Fruit 40gm

7.45 AED

100% HEALTHY

Meadows Healthy Peanut Butter Chocolate 40gm

7.45 AED

100% HEALTHY

Meadows Healthy Peanut Butter Bar 40gm

7.45 AED



"Meadows" Healthy peanut butter

100% HEALTHY

Meadows Gluten Free Zaatar Crackers 100gm

7.70 AED

100% HEALTHY

Meadows Gluten Free Cheese Manakish Bread 80gm

7.70 AED

Sharjah Coop has distinctive healthy bread with multiple flavors

did you try Butter "Meadows" Multiple healthy flavors?

100% HEALTHY

Meadows Healthy Crunchy Peanut Spread 280gm

29.20 AED

100% HEALTHY

Meadows Healthy Peanut Butter Sweet 280gm

29.20 AED

SHARJAH CO-OP
All Products are Available



Try "Oldmilla" cakes with its various flavors

Many healthy breakfast jams are has been made for you



SHARJAH CO-OP
All Products are Available

Peach is one of the most important summer fruits. It has many lovers, and its health benefits are great because it contains many nutrients. Peach jam also has many benefits for the body, needless to talk about the strength it gives to bones



Jam & Jam Bio Plum Healthy 230gm

15.95 AED



Meadows Healthy Berry Muesli 100gm

7.70 AED



Jam & Jam Bio Rose Petals Healthy 230gm

17.85 AED



Jam & Jam Bio Aronia Healthy 230gm

15.95 AED



Jam & Jam Bio Strawberry Healthy 230gm

17.55 AED



Jam & Jam Bio Apricot Healthy 230gm

15.95 AED



Jam & Jam Bio Wild Berries Healthy 230gm

15.95 AED



Meadows Healthy Seeds Muesli 100gm

7.70 AED



Jam & Jam Bio Wild Berries Healthy 230gm

15.95 AED



Old Mila Healthy Wheat Cakes 100gm

9.50 AED



Old Mila Healthy Spelt Cakes 100gm

10.95 AED



Old Mila Healthy Rice Cakes 100gm

13.50 AED



Old Mila Healthy Buckwheat Cakes 100gm

13.25 AED



Old Mila Healthy Corn Cakes 120gm

10.95 AED

HEALTHY TEA for all your times

Many types
of healthy tea
available at
Sharjah Coop

Some Health Benefits Of Healthy Tea

- Keeping Your Digestive System Healthy
- Boosting Antioxidant
- Helps you to Soothe Yourself
- Keeping you Strong
- Keeping Blood Sugar Stable



T-Renute Healthy Moroccan Mint Green Tea 30gm

13.80 AED



T-Renute Healthy Honey Flavour Cinnamon Tea 30gm

13.80 AED



T-Renute Healthy Blossoms Herbal Tea 30gm

13.80 AED



T-Renute Healthy Trumic Ginger Tea 22.5gm

16.45 AED



T-Renute Healthy Red Fruit Herbal Drink 30gm

13.80 AED



T-Renute Healthy Lemongrass Tea 22.5gm

16.45 AED



Meadows Healthy Green Tea 30gm

8.50 AED



Meadows Healthy Earl Grey Tea 30gm

9.80 AED



Meadows Healthy English Breakfast Tea 30gm

8.50 AED



Teekanne Healthy Sleep & Dream Tea 1.8gm x 20 Tea Bags

25.90 AED



Teekanne Healthy Start Your Day Tea 1.8gm x 20 Tea Bags

25.90 AED



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All Products are Available

The green tea plant contains a range of healthy compounds that make it into the final drink, Tea is rich in polyphenols, which are natural compounds that have health benefits, such as reducing inflammation and helping to fight cancer. Green tea also has small amounts of minerals that can benefit your health.

Try to choose a higher quality brand of green tea, (Available with Sharjah Coop) because some of the lower quality brands can contain excessive amounts of fluoride. It may also help boost brain function. It doesn't work as much as coffee, but enough to produce a response without causing the jittery effects associated with taking in too much caffeine.



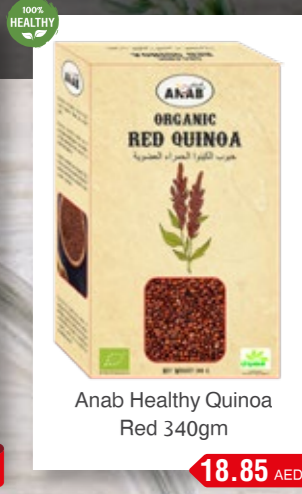
Quinoa salad with broccoli potatoes and tomatoes all its recipes are available in sharjah coop



Calcium is one of the most important components of **broccoli** as it contains high levels of it, also vitamin K, both of which are important for bone health and disease prevention
Osteoporosis



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All Products are Available



Nine Benefits Of Quinoa Seeds Will Push You To Eat It Daily

1. Quinoa seeds are very nutritious
2. Contains plant compounds Quercetin and campfeprol
3. It contains a large amount of the fibers food
4. Gluten-free
5. Containing a large percentage of Protein and amino acids
6. It contains important minerals such as Iron and magnesium
7. It has beneficial effects on health Metabolism
8. Containing a large percentage of Antioxidants
9. It may help you lose weight

A little quantity of pumpkin seeds provides us with many important vitamins and minerals such as healthy fats, magnesium, and zinc



Meadows Healthy Pumpkins Seeds 450gm

38.75 AED



Delicious pumpkin soup with croutons and coconut milk



Healthy vegetable green soup with pumpkin and sunflower seeds



Meadows Healthy Sunflower Seeds 450gm

15.90 AED

Sunflower seeds maintain the digestive system, because it is rich in fiber, which increases bowel active, and it also helps to lose weight and build tissue in the body.



Anab Healthy Pumpkin Seeds 340gm

27.30 AED



Meadows Gluten Free Baguette French Oats 160gm

15.40 AED



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All Products are Available

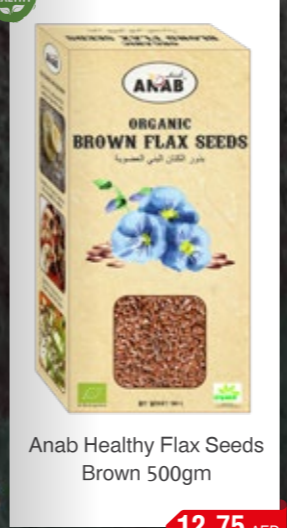


Homemade Wheat Bread With Flax Seeds. Useful bread slices without yeast with slices and bread crumbs



Anab Healthy Flax Seeds Blond 500gm

12.75 AED



Anab Healthy Flax Seeds Brown 500gm

12.75 AED

Flaxseed contains a good quantity of lignan compounds compared to other types of food. These compounds help to combat signs of aging such as lines and wrinkles, and they may reduce the risk of developing chronic diseases.



Meadows Gluten Free French Grainy 160gm

15.40 AED



Meadows Blond Flax Seed 500gm

16.45 AED



Meadows Healthy Brown Flax Seeds 500gm

15.90 AED



Meadows Gluten Free Baguette Plain 160gm

15.40 AED

HEALTHY LENTILS

Varied colors ... and benefits



Meadows Healthy Red Split Lentil Seeds 600gm **19.90 AED**



Meadows Healthy Brown Lentil Seeds 600gm **9.80 AED**



Meadows Healthy Green Lentil Seeds 600gm **26.00 AED**



Meadows Healthy Red Split Lentil Seeds 500gm **11.95 AED**



Meadows Healthy Brown Lentil Seeds 600gm **19.10 AED**

Lentils are a rich source of magnesium and folic acid which are very important in promoting and protecting heart health.



Chia Seeds:

Chia seeds are an unprocessed, whole-grain food that can be absorbed by the body as seeds. One ounce (about 2 tablespoons) contains 139 calories, 4 grams of protein, 9 grams fat, 12 grams carbohydrates and 11 grams of fiber, plus vitamins and minerals.



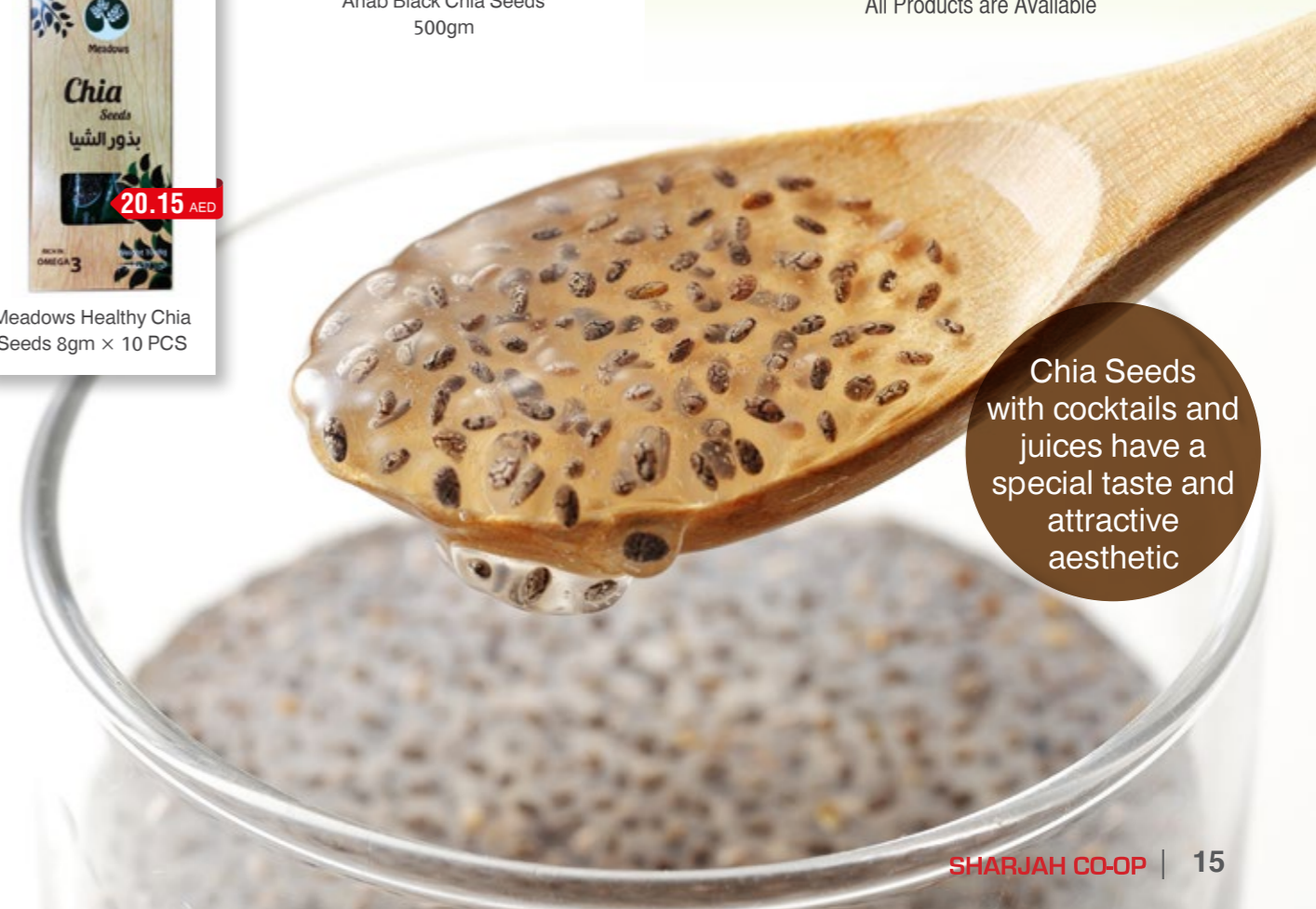
Meadows Healthy Black Chia Seeds 250gm **31.00 AED**



Anab Black Chia Seeds 500gm **24.14 AED**



Meadows Healthy Chia Seeds 8gm x 10 PCS **20.15 AED**



Chia Seeds with cocktails and juices have a special taste and attractive aesthetic

What You Need to Know

There are many assertions that chia seeds curb your appetite and promote weight loss. The theory is that since chia seeds are filling and high in fiber, it keeps you fuller longer. It may therefore help prevent overeating.



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All Products are Available

Mixed Beneficial Healthy Products You Have To Try...

Grains contain mineral salts such as potassium, calcium, magnesium, sulfur, chlorine, silicon, manganese, zinc, iodide, copper, vitamin B, vitamin E. all these elements are full of nutrients and the reason behind solving a wide range of health problems such as anemia, mineral deficiency, gallstones, breast cancer, infections, obesity, pregnancy and lactation problems, gastrointestinal problems, skin diseases, respiratory diseases, cardiovascular diseases



100% HEALTHY

Meadows Healthy Sesame Seeds 400 gm

19.65 AED

100% HEALTHY

Anab Healthy Chick Peas 500gm

11.95 AED

100% HEALTHY

Anab Healthy Sesame Hulled 500gm

22.00 AED

100% HEALTHY

Anab Healthy Whole Wheat Couscous 500gm

7.70 AED

100% HEALTHY

Anab Healthy cane sugar 1000gm

12.15 AED

100% HEALTHY

Anab Healthy Soy Beans 500gm

12.50 AED

100% HEALTHY

Anab Healthy 4 Cereals Flakes 500gm

8.50 AED

100% HEALTHY

Meadows All In One Seed & Fruits 50gm

7.95 AED

100% HEALTHY

Meadows Healthy Fruity Mix With Figs 60 gm

7.95 AED

100% HEALTHY

Meadows Healthy Fruits & Nuts 60gm

8.50 AED

100% HEALTHY

Meadows Healthy Fruits Banana Chip 50gm

7.95 AED

100% HEALTHY

Meadows Healthy Fruits Medley 50gm

7.95 AED

100% HEALTHY

Meadows Healthy Thyme Granola 160gm

19.65 AED

100% HEALTHY

Meadows Healthy Fruits Granola 160gm

22.00 AED

100% HEALTHY

Meadows Healthy Spicy Granola 160gm

19.65 AED

100% HEALTHY

Meadows Healthy Spicy Granola 160gm

20.70 AED

100% HEALTHY

Meadows Healthy Lemon Granola 160gm

19.65 AED

100% HEALTHY

Meadows Healthy Oat Cookies Choco Chips 110gm

20.95 AED

100% HEALTHY

Meadows Healthy Desiccated Coconut 100gm

8.50 AED

100% HEALTHY

Meadows Healthy Oats Raisin Cookies 110gm

20.95 AED

100% HEALTHY

Meadows Healthy Coconut Chips Toasted 100m

8.50 AED

100% HEALTHY

Meadows Healthy Coconut Chips 100m

8.50 AED



SHARJAH CO-OP
All Products are Available

Healthy Rice

Special Diet Flavor

 <p>100% HEALTHY</p> <p>Anab Healthy Whole Grain Short Brown Rice 500gm</p> <p>11.70 AED</p>	 <p>100% HEALTHY</p> <p>Meadows Long Grain Brown Rice 500gm</p> <p>18.30 AED</p>	 <p>100% HEALTHY</p> <p>Anab Healthy Whole Grain Short Brown Rice 1000gm</p> <p>21.20 AED</p>	 <p>100% HEALTHY</p> <p>Meadows Healthy Short Brown Rice 500gm</p> <p>16.20 AED</p>	 <p>100% HEALTHY</p> <p>Anab Healthy Whole Grain Long Brown Rice 500gm</p> <p>26.50 AED</p>
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Chili contains copper, iron, and some minerals that are essential for a healthy body

All healthy brown rice, whether with long or short grain is available at Sharjah Coop






We have All healthy brown rice, whether with long or short grain



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All Products are Available

Delicious Oat Flakes ... Experience the Pure "Healthy"

The benefits of oat
It has high content of dietary fiber helps to fill the stomach and increase the feeling of satiety

 <p>100% HEALTHY</p> <p>Anab Healthy Oat Flakes Gluten Free 500gm</p> <p>10.90 AED</p>	 <p>100% HEALTHY</p> <p>Anab Healthy Oat Flakes 500gm</p> <p>8.50 AED</p>	 <p>100% HEALTHY</p> <p>Anab Healthy Oat Flakes 500gm</p> <p>8.50 AED</p>
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Flour is a very important foodstuff that is made from grains such as wheat, barley and corn ... Wheat flour is commonly used, which is available in several types. Sharjah Coop have white flour, brown flour, whole wheat flour, coarse flour and fine flour

Healthy flour is available in Sharjah coop in many flavors, whether for cooking or desserts preparing

 <p>Add power to your smoothie!</p> <p>PUMPKIN SEED FLOUR decoiled</p> <p>Bioenergie Healthy Pumpkin Seed Flour 150gm</p> <p>42.50 AED</p>	 <p>Add power to your smoothie!</p> <p>ALMOND FLOUR blanched + decoiled</p> <p>Bioenergie Healthy Almond Flour 150gm</p> <p>81.50 AED</p>	 <p>Add power to your smoothie!</p> <p>LINSEED FLOUR glutenfree + decoiled</p> <p>Bioenergie Healthy Linseed Flour 150gm</p> <p>42.50 AED</p>	 <p>Add power to your smoothie!</p> <p>PSYLLIUM SEED WHOLE HUSK</p> <p>Bioenergie Healthy Psyllium Seed Husk Flour 100gm</p> <p>49.50 AED</p>
 <p>Add power to your smoothie!</p> <p>COCONUT FLOUR glutenfree + decoiled</p> <p>Bioenergie Healthy Coconut Flour 200gm</p> <p>39.00 AED</p>	 <p>Meadows Self Raising Flour Gluten FREE</p> <p>Meadows Gluten Free Self Raising Flour 450gm</p> <p>15.40 AED</p>	 <p>Meadows All Purpose Flour Gluten FREE</p> <p>Meadows Glut Free All Purpose Flour 450gm</p> <p>15.40 AED</p>	 <p>Meadows Chocolate Mud Cake Mix Gluten FREE</p> <p>Meadows Gluten Free Mud Cake Mix 450gm</p> <p>20.70 AED</p>
		 <p>Meadows Crusty Bread Mix Gluten FREE</p> <p>Meadows Gluten Free Crusty Bread Mix 460gm</p> <p>23.10 AED</p>	 <p>Meadows Sweet Crepe Mix Gluten FREE</p> <p>Meadows Gluten Free Sweet Crepe Mix 500gm</p> <p>15.40 AED</p>



SHARJAH CO-OP
All Products are Available

Make Your Family Sessions More Healthy With "Healthys" Crackers, Nuts and Snacks

Change your healthy routine with your healthy crackers.



Le Specialita Bio Caramelle Biologiche Con Limone, Miele & Pappa Reale 80gm

14.00 AED



Le Specialita Bio Caramelle Biologiche Con Mirtillo, Ribes Nero & Goji 80gm

14.00 AED



Le Specialita Bio Caramelle Biologiche Con Arancia, Zenzero & Curcuma 80gm

14.00 AED



Meadows Healthy Sesame Bar 40gm

5.85 AED



Meadows Healthy Chia Bar 40gm

6.10 AED



Dr. Karg's Snack Tomato & Herbs 110gm

17.00 AED



Dr. Karg's Snack Cranberry & Coconut 110gm

17.00 AED



Dr. Karg's Snack Sesame & Linseed 85gm

17.00 AED



Dr. Karg's Snack Cheese & Pumpkin Seed 110gm

17.00 AED



Meadows Healthy Cranberry Bar 40gm

7.95 AED



Meadows Healthy Granola Bar 40gm

5.85 AED



SHARJAH CO-OP
All Products are Available

Almonds ..

Almond have a hard green outer shell, and almond fruits are dried by removing the outer shell and the inner shell after harvest, and it is available in several forms including: almond, sliced almonds, chopped almonds, almond flour, milk, and oil, in addition to pasta made from it.



Power Up High Energy Trail Mix 113gm

27.50 AED



Power Up Protein Trail Mix 113gm

27.50 AED



Power Up Antioxidant Mix 113gm

27.50 AED



Power Up Mega Omega Trail Mix 113gm

27.50 AED



Meadows Healthy Seeds Muesli 400gm

19.10 AED



Meadows Healthy Choco Nuts Muesli 400gm

24.95 AED



Meadows Healthy Berry Muesli 400gm

20.70 AED



Healthy olive oil promotes colon health and lowers cholesterol

Healthy OILS Your Loyal Health Friend

Supporting the health of skin, hair and nails

The Benefits Of Healthy Olive Oil

1. Cleaning the liver from toxins
2. Contributing weight loss
3. Reducing the risk of infections
4. Controlling the blood sugar levels
5. Protecting the heart from various diseases
6. Promoting brain health.



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All Products are Available

 <p>La Trajana Healthy Extra Virgin Olive Oil Basil 250ml 36.95 AED</p>	 <p>La Trajana Healthy Extra Virgin Olive Oil Lemon 250ml 36.95 AED</p>	 <p>La Trajana Healthy Extra Virgin Olive Oil Chili 250ml 36.95 AED</p>	 <p>La Trajana Healthy Extra Virgin Olive Oil 500ml 49.50 AED</p>
 <p>Meadows High Oleic Sunflower Oil 500ml 21.50 AED</p>	 <p>Meadows Extra Virgin Chia Seed Oil 250ml 43.75 AED</p>	 <p>Meadows High Oleic Safflower Oil 500ml 12.50 AED</p>	 <p>Meadows Healthy Avocado Xtra Virgin Oil 250ml 35.00 AED</p>
 <p>Meadows Toasted Sesame Seed Oil 250ml 16.70 AED</p>	 <p>Meadows Healthy Cold Pressed Sesameoil 500ml 28.90 AED</p>	 <p>Meadows Healthy Cold Pressed Sesame Oil 250ml 17.80 AED</p>	 <p>Sesame oil helps prevent skin inflammation</p>

Cans went "Healthy"

Cans industry helped us in providing seasonal and non-seasonal food

Boiled corn maintains heart enzymes and health because it is included the acids fatty



SHARJAH CO-OP
All Products are Available

 <p>100% HEALTHY</p> <p>22.55 AED</p> <p>La Bio Idea Pesto Rosso 140gm</p>	 <p>100% HEALTHY</p> <p>17.25 AED</p> <p>La Bio Idea Sugo Per Pasta Napoli 340gm</p>	 <p>100% HEALTHY</p> <p>17.25 AED</p> <p>La Bio Idea Sugo Per Pasta Basilico Healthy 340gm</p>	 <p>100% HEALTHY</p> <p>16.20 AED</p> <p>La Bio Idea Sugo Per Pasta Pizza Healthy 300gm</p>	 <p>100% HEALTHY</p> <p>18.85 AED</p> <p>La Bio Idea Sugo Per Pasta Olive Healthy 340gm</p>
 <p>100% HEALTHY</p> <p>23.10 AED</p> <p>La Bio Idea Pesto Genovese Healthy 140gm</p>	 <p>100% HEALTHY</p> <p>17.25 AED</p> <p>La Bio Idea Sugo Per Pasta Arrabbiata 400gm</p>	 <p>100% HEALTHY</p> <p>18.85 AED</p> <p>La Bio Idea Sugo Per Pasta Bolognese Vegetarian 340gm</p>	 <p>100% HEALTHY</p> <p>8.75 AED</p> <p>La Bio Idea Lentils Healthy Biologique 400gm</p>	 <p>100% HEALTHY</p> <p>8.75 AED</p> <p>La Bio Idea Chickpeas Healthy Biologique 400gm</p>
 <p>100% HEALTHY</p> <p>10.10 AED</p> <p>La Bio Idea Cherry Tomatoes Healthy 400gm</p>	 <p>100% HEALTHY</p> <p>16.60 AED</p> <p>La Bio Idea Capperi 100gm</p>	 <p>100% HEALTHY</p> <p>4.25 AED</p> <p>La Bio Idea Tomato-Concentrate 28/30% 70gm</p>	 <p>100% HEALTHY</p> <p>7.45 AED</p> <p>La Bio Idea Tomato-Concentrate 22% 100gm</p>	<p>Chickpeas enhances digestive health because its rich source of dietary fiber</p>
 <p>100% HEALTHY</p> <p>12.75 AED</p> <p>La Bio Idea Passata di Pomodoro Healthy 700gm</p>	 <p>100% HEALTHY</p> <p>14.35 AED</p> <p>La Bio Idea Passata Rustica Healthy 700gm</p>	 <p>100% HEALTHY</p> <p>15.65 AED</p> <p>La Bio Idea Ketchup Classico Healthy 300gm</p>	 <p>100% HEALTHY</p> <p>13.00 AED</p> <p>La Bio Idea Passata di Pomodoro Basilico Healthy 700gm</p>	<p>Beans contains High dietary fiber that stimulates the digestive system</p>

Featured Products

To Prepare An Italian Plate With Healthy Pasta



A pasta plate with tomato sauce, peeled coconut and parsley

100% HEALTHY



9.55 AED

La Bio Idea Spaghetti Whole Wheat 500gm

100% HEALTHY



Sunny Fruit Healthy Sun Dried Tomato Bite 150gm

26.75 AED

100% HEALTHY



Sunny Fruit Healthy Sun Dried Tomato Bite 30gm

6.65 AED

100% HEALTHY



Sunny Fruit Healthy Dried Plums 150gm

26.75 AED

100% HEALTHY



Sunny Fruit Healthy Dried Plums 30gm

6.65 AED

100% HEALTHY



La Bio Idea Whole Wheat Vermicelli 500gm

9.30 AED

100% HEALTHY



La Bio Idea Fusilli Tricolore Spirals 500gm

10.90 AED

100% HEALTHY


















La Bio Idea Quinoa Rigatoni 500gm

14.60 AED



SHARJAH CO-OP
All Products are Available

“Healthy” Diverse Collection

 <p>100% HEALTHY</p> <p>33.70 AED</p> <p>Meadows Healthy Virgin Coconut Oil 500ml</p>	 <p>100% HEALTHY</p> <p>18.30 AED</p> <p>Meadows Healthy Sesame Tahini 425gm</p>	 <p>100% HEALTHY</p> <p>16.20 AED</p> <p>Meadows Healthy Coconut Sugar 350gm</p>	 <p>100% HEALTHY</p> <p>10.60 AED</p> <p>Meadows Gluten Free Seeds Crackers 100gm</p>	 <p>100% HEALTHY</p> <p>10.60 AED</p> <p>Meadows Gluten Free Zaatar Crackers 100gm</p>
 <p>100% HEALTHY</p> <p>14.35 AED</p> <p>Meadows Healthy Agave Syrup 210gm</p>	 <p>100% HEALTHY</p> <p>23.10 AED</p> <p>Meadows Healthy Agave Syrup 420gm</p>	 <p>100% HEALTHY</p> <p>19.10 AED</p> <p>Meadows Healthy Agave Syrup 350gm</p>	 <p>100% HEALTHY</p> <p>9.30 AED</p> <p>Meadows Peanut Butter Oatdates Choco 50gm</p>	 <p>100% HEALTHY</p> <p>9.30 AED</p> <p>Meadows Peanut Butter Oat Choco Balls 50gm</p>
 <p>100% HEALTHY</p> <p>17.50 AED</p> <p>Meadows Gluten Free Pizza Bread 250gm</p>	 <p>100% HEALTHY</p> <p>11.20 AED</p> <p>Meadows Banana Muffins 80gm</p>	 <p>100% HEALTHY</p> <p>17.50 AED</p> <p>Meadows Gluten Free Sambousa Dough 250gm</p>	 <p>100% HEALTHY</p> <p>15.00 AED</p> <p>Nature Healthy Apple Cider Vinegar 500ml</p>	 <p>100% HEALTHY</p> <p>16.25 AED</p> <p>Nature Healthy Red Grape Vinegar 500ml</p>
 <p>100% HEALTHY</p> <p>6.90 AED</p> <p>Doit Atlantis Sea Salt Fine 1Kg</p>	 <p>100% HEALTHY</p> <p>6.90 AED</p> <p>Doit Atlantis Sea Salt Coarse 1Kg</p>	 <p>100% HEALTHY</p> <p>12.15 AED</p> <p>Native Healthy Crystal Cane Sugar 1Kg</p>		


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