

Bahar Factory

Natural Vinegars and Molasses, Herbal Distillates and Vegetable Oils

Health License Number: (1051 A K N)

Factory Address: Iraq – Kurdistan Region – Sulaymaniyah

Wistkar Project – Warehouse No. (B48)

We on social media platforms

(کارگهی بههار – معمل بهار – BAHAR FACTORY)

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Choose **Bahar** for a healthy life



BAHAR FACTORY

Natural, Local, Healthy



کارگهی بههار
معمل بهار



B48



Natural Products of

Bahar Factory

Natural Vinegars and Molasses,
Herbal Distillates and Vegetable Oils



Manager

0771 920 7373

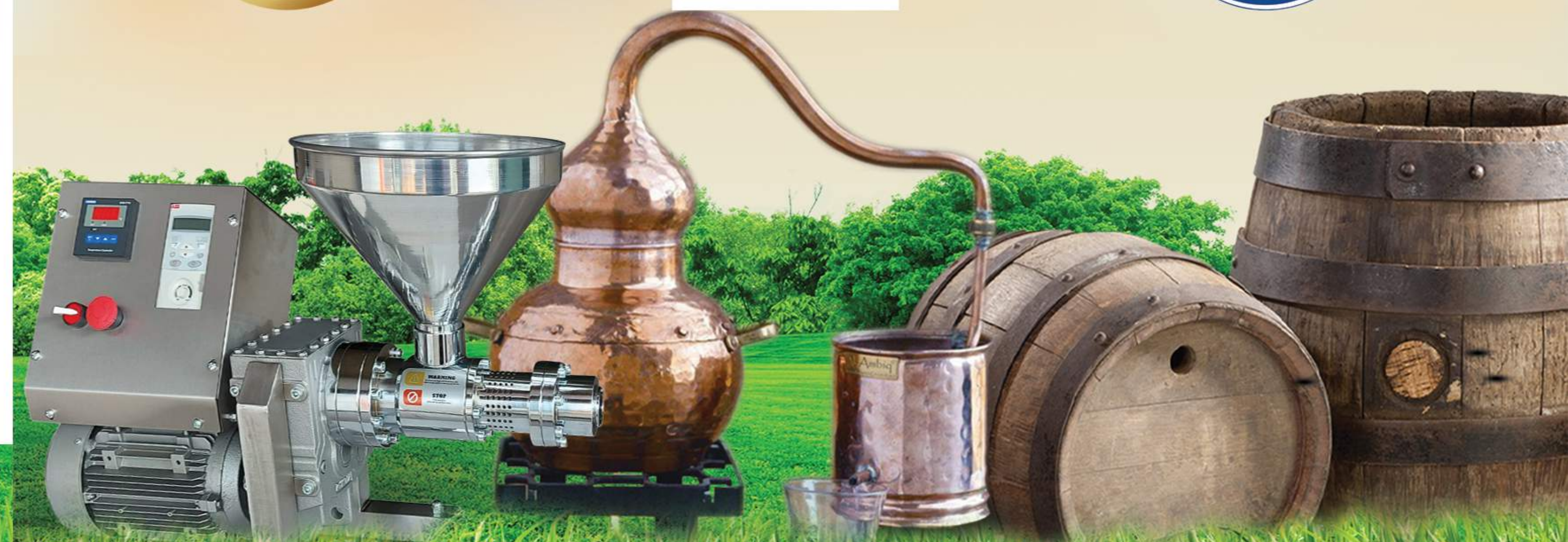
Wholesale

0770 509 9292
0751 520 7373

Retail Sales

0771 820 7373

Bahar
Factory



Bahar Factory has obtained the Food Safety Management System Certificate ISO 22000: 2018



With many certificates of thanks and appreciation



Bahar Factory
is grateful for your trust
and continuous support

Natural Molasses Production Line

Natural Pomegranate Molasses in sizes of 350 grams and 700 grams

Ingredients: Natural **pomegranate molasses** obtained by boiling (cooking) pomegranate juice without adding any chemicals, sugar, or salt. As for natural **pomegranate vinegar**, it is produced through the natural fermentation of local pomegranates



The difference
between
Pomegranate
Molasses
→
Pomegranate
Vinegar
←



Licorice Oil

Glycyrrhiza glabra

Benefits:

- 1- Peptic ulcer and gastric protection
- 2- Liver enzyme improvement
- 3- Prevents postoperative sore throat
- 4- Anti-inflammatory and gut protection

Aromatic Kurdish Gum Oil

Pistacia atlantica

Benefits:

- 1- Antibacterial and antifungal activity
- 2- Traditional digestive use
- 3- Beautifies the skin and removes spots



Mahaleb Seeds Oil

Prunus mahaleb

Benefits:

- 1- Rich source of unique polyunsaturated fatty acids
- 2- Prevents kidney stone formation
- 3- Traditional use for bleeding, diarrhea, and respiratory infections



Sidr Oil

Ziziphus spina

Benefits:

- 1- Broad antimicrobial and antioxidant activity
- 2- Anti-inflammatory effects
- 3- Hair and scalp conditioning
- 4- Kidney-protective effects



Aromatic Oregano Oil

Origanum vulgare

Benefits:

- 1- Potent antibacterial activity (including resistant strains)
- 2- Broad-spectrum antimicrobial action
- 3- Dental/oral pathogen inhibition
- 4- Antioxidant activity

Camphor Oil

Cinnamomum camphora

Benefits:

- 1- Relieves mild pain, itching, and burning
- 2- Helps musculoskeletal and back pain
- 3- Relieves chest congestion
- 4- Antimicrobial and anti-inflammatory activity



Who are we?

We are a scientific and academic team. On (August 5, 2018), we obtained the license to establish our first factory for the production of various types of (natural vinegars and herbal distillates). Approximately one year later, we established the (Vegetable Oils Department) within the factory,(Now, we obtained a license to establish a production line for various types of natural molasses)

Today, Bahar Factory operates through four different production lines, including a new line dedicated to the production of various types of natural molasses, offering more than 140 products to markets across the Kurdistan Region and Iraq.

What is our goal?

- 1- Purchasing the raw materials of farmers and owners of local orchards and fields of apples, grapes, flowers, and herbs such as mint, thyme... etc. As well as seeds such as black seed, sesame, flax seed...
- 2- Producing several types of natural vinegar and molasses, herbal distillates, and vegetable oils using natural methods and without adding any chemicals or preservatives
- 3 - Focusing on the agricultural industry and developing local products, and employing local manpower from graduates of agricultural colleges and institutes, especially in the food and plant departments



Natural Vinegars Production Line

We lovingly and faithfully produce the finest natural vinegars for you, using the best fruits from our local land.

Note: Bahar Factory products are not medicines and do not replace consultation with a doctor

Method of using vinegar:

It should be consumed three times a day after meals, using one tablespoon mixed with a cup of lukewarm water, or added to salads and broth (soup).

Note: It is recommended to use Bahar Factory products in consultation with a clinical nutritionist

Natural Apple Cider Vinegar

Ingredients: Local apple cider vinegar obtained through fermentation method without adding chemicals or preservatives

Expected Benefits:

- 1- Better Lipid Profile & Heart Support
- 2- Strong Anti-Inflammatory and Antioxidant Effects
- 3- Modest Weight & Fat Loss Support
- 4- Gut Soothing & Microbiome Support
- 5- Improved Blood Sugar Control



Natural Green Apple Cider Vinegar

Ingredients: Local green apple cider vinegar obtained through fermentation method without adding chemicals or preservatives

Expected Benefits:

- 1-Enhanced Blood Sugar Control
- 2-Superior Lipid Profile & Cardiovascular Protection
- 3-Potent Anti-Inflammatory & Antioxidant Activity
- 4-Modest Weight & Fat Loss Support
- 5-Gut Soothing, Prebiotic & Microbiome Support



Natural Quince Vinegar



Ingredients: Natural quince vinegar obtained through fermentation method without addition of chemicals or preservatives

Expected Benefits:

- 1- Enzyme-inhibiting activity relevant to blood sugar against epidemics and diseases
- 2- Antioxidant activity
- 3- Antimicrobial activity
- 4- Decreases weight and reduces harmful fats
- 5- Cardiometabolic/lipid support

Natural Honey Vinegar



Ingredients: Natural honey vinegar obtained through fermentation method without addition of chemicals or preservatives

Expected Benefits:

- 1- Enhanced Blood Sugar Control
- 2- Superior Lipid Profile & Heart Support
- 3- Potent Anti-Inflammatory & Antioxidant Activity
- 4- Gut Soothing, Prebiotic & Microbiome Support
- 5- Modest Weight & Metabolic Health Support

Jojoba Oil

Simmondsia chinensis



Benefits:

- 1- Reduces acne
- 2- Wound healing and collagen support
- 3- Anti-inflammatory activity comparable to steroids
- 4- Improves skin barrier function

Calendula Oil

Calendula officinalis



Benefits:

- 1- Speeds acute wound healing
- 2- Mixed results for venous and diabetic leg ulcers
- 3- Antioxidant and anti-inflammatory activity

Neem Seed Oil

Azadirachta indica

Benefits:

- 1- Antimicrobial activity (skin infections, acne)
- 2- May help with dandruff
- 3- Anti-inflammatory activity

Apply to the head and massage the scalp before showering, then wash with shampoo



Moringa Seed Oil

Moringa oleifera

Benefits:

- 1- Accelerates chronic wound healing
- 2- Reduces skin inflammation
- 3- Improves skin hydration
- 4- Antioxidant activity



Melissa Oil

Melissa officinalis



Benefits:

- 1- Reduces anxiety and depression
- 2- Supports cognitive function
- 3- Improves sleep quality

Indian Costus Oil

Saussurea costus

Benefits:

- 1- Menstrual pain relief
- 2- Digestive and gastric protection
- 3- Beneficial for respiratory system diseases such as coughs, and larynx and lung inflammation



Basil Oil

Ocimum basilicum

Benefits:

- 1- Antimicrobial and antifungal activity
- 2- Antioxidant activity
- 3- Anti-inflammatory effects
- 4- Liver-protective effects



Chia Seed Oil

Salvia hispanica

Benefits:

- 1- Reduces waist circumference and blood pressure
- 2- Reduces inflammation (CRP)
- 3- Strengthens hair in general
- 4- Liver-protective potential



Lemon Peel Oil

Citrus limon



Benefits:

- 1- Reduces anxiety
- 2- Lowers blood pressure and heart rate
- 3- Antioxidant activity
- 4- Improves oral health and reduces halitosis

Avocado Oil

Persea americana

Benefits:

- 1- Lowers LDL cholesterol and blood pressure
- 2- Improves lipid profile in people with dyslipidemia specifically
- 3- Modest blood pressure and glycemic benefits in specific populations



Apple Cider Vinegar with Hawthorn



Ingredients: Natural apple cider vinegar obtained through fermentation method with hawthorn fruit without addition of chemicals or preservatives

Expected Benefits:

- 1- Cardiovascular support
- 2- Blood lipid / cholesterol improvement
- 3- Helps reduce total and (LDL) cholesterol
- 4- A strong antioxidant; protects heart cells from oxidative stress and inflammation
- 5- Beneficial for people suffering from high blood pressure

Natural Beetroot Vinegar



Ingredients: Natural beetroot vinegar obtained through fermentation method without addition of chemicals or preservatives

Expected Benefits:

- 1- Superior Blood Pressure Reduction via Nitric Oxide Pathway
- 2- Enhanced Endothelial Function & Vascular Health
- 3- Potent Antioxidant & Anti-Inflammatory Activity
- 4- Improved Exercise Performance and Oxygen Utilization
- 5- Gut Soothing, Prebiotic & Microbiome Support



Glycerin Oil

Glycerol

Benefits:

- 1- Most effective humectant for skin hydration
- 2- Hydrates the skin barrier (stratum corneum)
- 3- Supports eczema management
- 4- Works synergistically with occlusive ingredients

Arugula Seed Oil

Eruca sativa

Benefits:

- 1- Sexual tonic for men
- 2- Antimicrobial activity
- 3- Aids digestion (traditional use)
- 4- Antioxidant activity



Pine Oil

Pinus spp

Benefits:

- 1- Antibacterial activity against respiratory pathogens
- 2- Antimicrobial activity against resistant bacteria (including MRSA)
- 3- Supports respiratory tract infection treatment (broader class evidence)
- 4- Potential synergistic respiratory benefit in blends



Aloe Vera Oil

Aloe vera

Benefits:

- 1- Speeds burn wound healing
- 2- Comparable or superior to standard burn treatment (silver sulfadiazine)
- 3- No increased infection risk
- 4- Anti-inflammatory and antimicrobial effects



Pistacia Seeds Oil

Pistacia vera

Benefits:

- 1- Improves blood pressure and endothelial function
- 2- Improves cardiometabolic risk factors
- 3- Doesn't cause weight gain despite calorie density
- 4- Antioxidant and anti-inflammatory

Propolis Oil

Propolis

Benefits:

- 1- Reduces dental plaque and gingival inflammation
- 2- Treats periodontal disease
- 3- Treats mouth ulcers (recurrent aphthous stomatitis)
- 4- Reduces oral mucositis severity in chemotherapy patients



Carrot Seed Oil

Daucus carota

Benefits:

- 1- Wound-healing potential
- 2- Antimicrobial activity
- 3- Antifungal activity
- 4- Modest anti-inflammatory effect



Bay Laurel Oil

Laurus nobilis

Benefits:

- 1- Antimicrobial and antifungal activity
- 2- Anti-inflammatory activity
- 3- Antioxidant activity



Radish Seed Oil

Raphanus sativus

Benefits:

- 1- Strengthens skin's moisture barrier
- 2- Cardiovascular effects
- 3- Contains components that stimulate the thyroid gland and moderately support metabolism

Red Pepper Oil

Capsicum annuum

Benefits:

- 1- Reduces osteoarthritis pain
- 2- Relieves postherpetic neuralgia (shingles nerve pain)
- 3- Treats diabetic neuropathy pain
- 4- Reduces psoriasis symptoms



Apple Cider Vinegar with Barberries (Berberis)

Ingredients: Natural apple cider vinegar obtained through fermentation method with barberry fruit without addition of chemicals or preservatives

Expected Benefits:

- 1- Improved Blood Sugar Control & Insulin Sensitivity
- 2- Cardiometabolic Support: Blood Pressure & Lipid Profile
- 3- Contains a significant percentage of Vitamin (C), which is responsible for strengthening the body's immunity and eliminating free radicals.
- 4- Antioxidant, Anti-Inflammatory & Gastroprotective Effects
- 5- Strengthens the digestive system and stops diarrhea and bleeding



Natural Pineapple Vinegar

Ingredients: Natural pineapple vinegar obtained through fermentation method without addition of chemicals or preservatives

Expected Benefits:

- 1- Improved Glycemic Control & Insulin Sensitivity
- 2- Modest Weight & Body Composition Support
- 3- Cardiometabolic Protection: Lipids & Blood Pressure
- 4- High Antioxidant & Anti-Inflammatory Capacity
- 5- Antimicrobial & Gut-Modulating Effects



Apple Cider Vinegar with Sumac

Ingredients: Natural apple cider vinegar obtained through fermentation method with sumac fruit without addition of chemicals or preservatives

Expected Benefits:

- 1- Enhanced Glycemic Control & Insulin Sensitivity
- 2- Superior Lipid Profile Improvement
- 3- Reduces harmful fats (LDL)
- 4- Modest Weight & Adiposity Reduction
- 5- Potent Antioxidant & Anti-Inflammatory Effects



The types of natural vinegars for Bahar Factory are produced using the ancient fermentation method and modern machinery from the fruits of our country, unlike some commercial types of vinegars which are manufactured from industrial acetic acid, water, colors, and flavors, and which have numerous harmful effects on human health



Please scan this QR Code
To get all informations about our products or to order them



Natural Mulberry Vinegar



Ingredients: Natural Mulberry vinegar obtained through fermentation method without addition of chemicals or preservatives

Expected Benefits:

- 1- Superior Postprandial Blood Sugar Control
- 2- Enhanced Lipid Profile & Cardiovascular Protection
- 3- Potent Antioxidant & Anti-Inflammatory Activity
- 4- Gut Microbiome Modulation & Prebiotic Effects
- 5- Modest Weight & Metabolic Health Support)

Natural Fruits Vinegar



Ingredients: Natural fruits vinegar obtained through fermentation method from (apples, grapes, dates, pomegranates, berries, etc...) Fruits without addition of chemicals or preservatives

- 1- Blood sugar (glycemic) control
- 2- Cholesterol and cardiovascular markers
- 3- Weight and body composition
- 4- Beneficial for type ۲ diabetes
- 5- A good source of a high percentage of essential vitamins and minerals for the body
- 6- Digestive support and mild antimicrobial and prebiotic activity

Natural White Grape Vinegar



Ingredients: Local white grape vinegar obtained through fermentation method without addition of chemicals or preservatives

This vinegar is rich in acetic acid and antioxidants such as polyphenols, and minerals such as potassium and calcium

Expected Benefits:

- 1- Antioxidant and polyphenol content
- 2- Cardiovascular support
- 3- Blood glucose and metabolic effects
- 4- helps the body absorb minerals such as calcium and magnesium, which supports bone and joint health
- 5- Preserved bioactivity from unpasteurized, spontaneous fermentation

Natural Black Grape Vinegar



Ingredients: Local black grape vinegar obtained through fermentation method without addition of chemicals or preservatives
This vinegar is rich in antioxidants such as resveratrol and acetic acid and these health benefits are supported by research

Expected Benefits:

- 1- Higher antioxidant potency from anthocyanins and resveratrol
- 2- Higher antioxidant potency from anthocyanins and resveratrol
- 3- Blood sugar regulation and appetite control (shared with other vinegars, via acetic acid)
- 4- Neuroprotective potential
- 5- Anti-cancer and anti-inflammatory activity



Tea Tree Oil
Melaleuca alternifolia

Benefits:

- 1- Treats acne
- 2- Antifungal activity (athletes foot, nail infections)
- 3- Reduces dental plaque and supports periodontal health



Cardamom Oil
Elettaria cardamomum

Benefits:

- 1- Reduces inflammation and blood pressure (oral use)
- 2- Improves cholesterol and triglycerides (oral use)
- 3- Improves blood sugar control

Mastic Oil
Pistacia lentiscus

Benefits:

- 1- Prevents dental plaque and cavities
- 2- Treats periodontal disease
- 3- Antimicrobial activity (broader)
- 4- Antioxidant and skin cytoprotective effects



Rose Oil
Rosa damascena

Benefits:

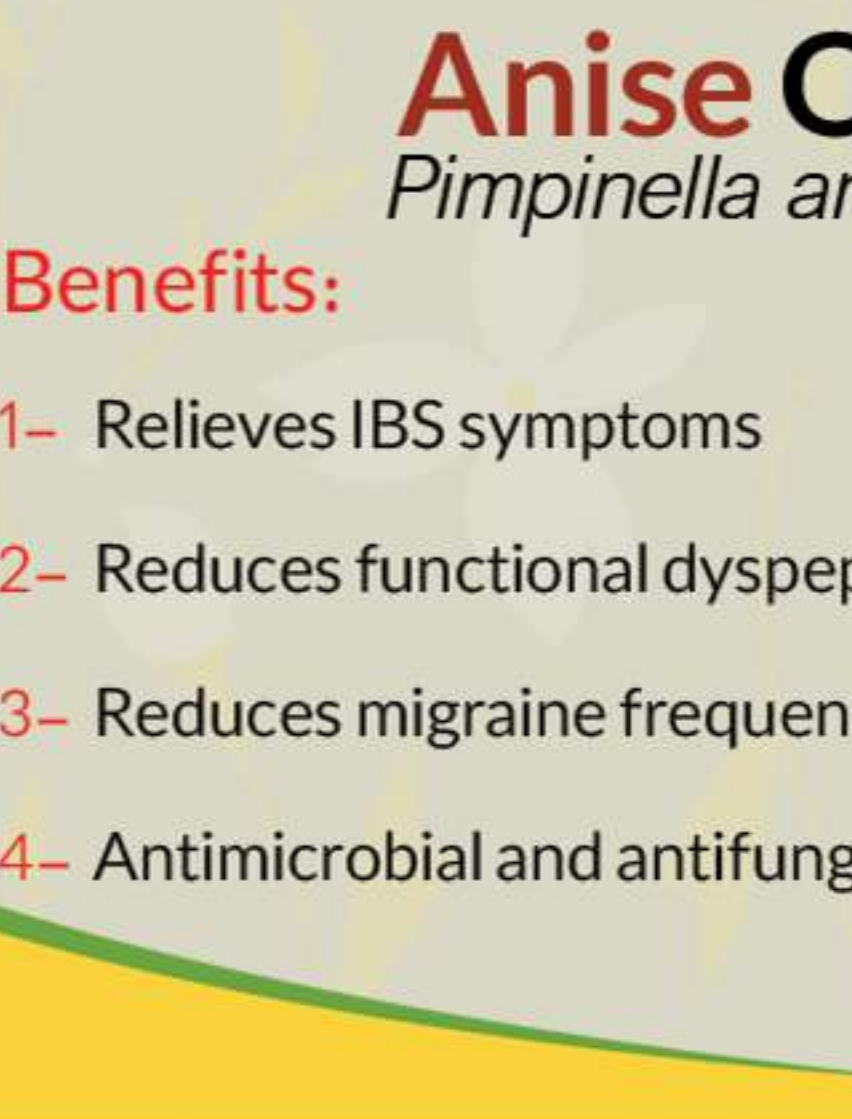
- 1- Reduces anxiety and stress
- 2- Improves sleep quality and mood
- 3- Reduces pain (labor, surgical, burn related)
- 4- Reduces preoperative anxiety
- 5- Antimicrobial activity relevant to skin/-acne



Viola Oil
Viola odorata

Benefits:

- 1- Improves insomnia and sleep quality
- 2- Contains natural melatonin and sedative compounds
- 3- May help sleep duration more than sleep latency



Anise Oil
Pimpinella anisum

Benefits:

- 1- Relieves IBS symptoms
- 2- Reduces functional dyspepsia
- 3- Reduces migraine frequency
- 4- Antimicrobial and antifungal activity



Pumpkin Oil
Cucurbita pepo

Benefits:

- 1- Beneficial for prostate inflammation and enlargement
- 2- Eliminates types of intestinal worms
- 3- Reduces harmful fats



Pomegranate Seed Oil
Punica granatum

Benefits:

- 1- Anti-inflammatory and wound-healing effects on skin
- 2- Antioxidant activity
- 3- Skin cell regeneration and protective effects



Argan Oil
Argania spinosa

Benefits:

- 1- Improves lipid profile
- 2- Cardiovascular protection
- 3- Antioxidant activity
- 4- Traditional skin healing use (burns, skin conditions)



Grape Seed Oil
Vitis vinifera

Benefits:

- 1- Antidiabetic potential
- 2- Antioxidant activity
- 3- Reduces liver enzymes in fatty liver disease





Bitter Almond Oil
Prunus dulcis var. amara

Benefits:

- 1- Effective in removing skin spots
- 2- Anti-wrinkle and prevents skin sagging
- 3- Taking a small amount of it is beneficial for Malta fever (Brucellosis) and Typhoid (a teaspoon daily for a week)

Clove Volatile Oil
Syzygium aromaticum

Benefits:

- 1- Antimicrobial activity
- 2- Antioxidant activity
- 3- Anti-inflammatory and analgesic effects
- 4- Antidiabetic potential
- 5- Anticancer and antiviral activity



Sweet Almond Oil
Prunus dulcis_dulcis

Benefits:

- 1- Reduces stretch mark incidence (pregnancy)
- 2- Reduces stretch mark itching and spread
- 3- Improves skin hydration and barrier function
- 4- Relieves eczema and dermatitis symptoms



Eucalyptus Oil
Eucalyptus globulus

Benefits:

- 1- Relieves cough
- 2- Supports respiratory conditions (bronchitis, sinusitis, COPD)
- 3- Antimicrobial activity
- 4- Anti-inflammatory effects



Parsley Seed Oil
Petroselinum crispum

Benefits:

- 1- Diuretic effect
- 2- Antioxidant activity
- 3- Anti-inflammatory effects

Celery Seed Oil
Apium graveolens

Benefits:

- 1- Lowers blood pressure (oral use)
- 2- Improves blood glucose control (oral use)
- 3- Improves lipid profile (oral use)
- 4- Anti-inflammatory effects
- 5- Antimicrobial activity



Sage Oil
Salvia officinalis

Benefits:

- 1- Reduces menopausal hot flashes
- 2- Improves cognitive function and memory
- 3- Improves blood sugar and lipid profile



Turmeric Oil
Curcuma longa

Benefits:

- 1- Reduces arthritis pain and inflammation
- 2- Improves skin conditions (acne, psoriasis, photoaging)
- 3- Reduces oral mucositis in cancer patients
- 4- Supports periodontal treatment



Peppermint Oil
Mentha x piperita

Benefits:

- 1- Relieves IBS symptoms (oral use)
- 2- Relieves tension headaches (topical)
- 3- Provides cooling relief for sore muscles (topical)

Cumin Oil
Cuminum cyminum L.

Benefits:

- 1- Improves blood sugar control (oral use)
- 2- Improves lipid profile (oral use)
- 3- Reduces waist circumference (oral use)



Natural Sekanjabin Drink

Ingredients: Natural date vinegar, pure honey, peppermint distillate

Expected Benefits:

Thanks to its valuable ingredients, its benefits are very numerous, especially for people who suffer from:

- 1- Cardiovascular Risk Factor Support
 - 2- Glycemic and Lipid Effects Genuinely Mixed, Including a Negative Finding
 - 3- Potential Role in Weight and Metabolic Syndrome Management
 - 4- Digestive and Gastrointestinal Comfort
- Traditional Use Preliminary Modern Support



Natural Date Vinegar

Ingredients: Natural date vinegar obtained through fermentation method without addition of chemicals or preservatives

This vinegar is rich in acetic acid, antioxidants like polyphenols and minerals like iron and potassium, making it an effective traditional remedy in folk and ancient medicine

Expected Benefits

- 1- Improved lipid profile (cholesterol and triglycerides)
- 2- Blood glucose and glycemic control in type 2 diabetes
- 3- Weight and body fat reduction
- 4- High antioxidant and polyphenol activity
- 5- Cardiovascular support via combined mechanisms



Apple Cider Vinegar with Fennel

Ingredients: Natural apple cider vinegar obtained through fermentation method with fennel Seeds without addition of chemicals or preservatives

Expected Benefits:

- 1- Post-Meal Glucose & Digestive Comfort (Combined ACV + Fennel Mechanisms)
- 2- Menstrual Comfort and Dysmenorrhea Support (Fennel-Specific, Strong Evidence)
- 3- Beneficial for stomach and intestinal pain
- 4- Reduces menstrual cramps and regulates hormones

Note:
Suitable for pregnant and breastfeeding women



Apple Cider Vinegar with Ginger

Ingredients: Natural apple cider vinegar obtained through fermentation method with Ginger without addition of chemicals or preservatives

Expected Benefits:

- 1- Enhanced Glycemic Control & Insulin Sensitivity
- 2- Modest Weight & Adiposity Reduction
- 3- Superior Anti-Inflammatory & Antioxidant Activity
- 4- Gut Microbiome Modulation & Antimicrobial Effects
- 5- Cardiometabolic Support: Lipids and Blood Pressure

Note:
Not suitable for people who:

- 1- Have a stomach ulcer
- 2- Suffer from high blood pressure
- 3- Not suitable for pregnant and breastfeeding women



Apple Cider Vinegar with Lavender



Ingredients: Natural apple cider vinegar obtained through fermentation method with lavender flower without addition of chemicals or preservatives

Expected Benefits:

- 1- Enhanced Glycemic Control and Insulin Sensitivity
- 2- Anxiolytic, Stress-Reducing & Sleeping Effects
- 3- Antioxidant Support Combined ACV Polyphenols
- 4- Modest Support for Healthy Weight

Apple Cider Vinegar with Garlic



Ingredients: Natural apple cider vinegar obtained through fermentation method with garlic bulb without addition of chemicals or preservatives

Expected Benefits:

- 1- Blood Pressure Support
- 2- Cholesterol and Lipid Profile Support
- 3- Glycemic and Insulin Sensitivity Support
- 4- Stimulates blood circulation
- 5- Antioxidant and Anti-Inflammatory Support
- 6- Eliminates intestinal worms and parasites

Important Notes:

- 1- Do not take with blood-thinning medications
- 2- Not suitable for children under 12 years of age



Natural Pomegranate Vinegar



Ingredients: Natural pomegranate vinegar obtained through fermentation method without addition of chemicals or preservatives

This vinegar is rich in antioxidants and bioactive compounds that support health based on scientific research

Expected Benefits:

- 1- Cardiometabolic risk reduction
- 2- Blood glucose and insulin sensitivity
- 3- Strong antioxidant activity from ellagitannins
- 4- Anti-inflammatory effects
- 4- Antimicrobial and gut-supportive activity



Ingredients: Natural apple cider vinegar obtained through fermentation method with onion without addition of chemicals or preservatives

Expected Benefits:

- 1- Enhanced Glycemic Control & Insulin Sensitivity
- 2- Superior Lipid Profile & Cardiovascular Protection
- 3- Potent Anti-Inflammatory & Antioxidant Activity
- 4- Modest Weight & Adiposity Support
- 5- Antimicrobial Gut-Modulating & Prebiotic Effects



Cupressus Oil *Cupressus sempervirens*

Benefits:

- 1- Antimicrobial and antibiofilm activity
- 2- Anti-inflammatory, antiseptic, and antispasmodic properties
- 3- Antioxidant activity



Flixweed Oil *Descurainia sophia*

Benefits:

- 1- Relieves constipation
- 2- Respiratory support (cough, asthma)
- 3- Purifies blood and liver from toxins

Cyperus Volatile Oil *Cyperus rotundus*

Benefits:

- 1- Reduces unwanted hair growth
- 2- Antioxidant and DNA – protective activity
- 3- Anticancer and cytotoxic potential (preclinical)



Garden Cress Seed Oil *Lepidium sativum*

Benefits:

- 1- Beneficial as a dietary supplement for cases of anemia
- 2- Maintains bone health (due to containing calcium and magnesium)
- 3- Strengthens hair and reduces hair strand breakage
- 4- Improves general energy and reduces fatigue (especially sexually)



Sesame Oil *Sesamum indicum*

Benefits:

- 1- Improves glucose control in diabetes
- 2- Improves lipid profile
- 3- Antioxidant activity
- 4- Anti-inflammatory effects (topical and systemic)
- 5- Skin moisturization and mild UV protection



Thyme Oil *Thymus vulgaris*

Benefits:

- 1- Relieves respiratory symptoms (asthma, COPD, bronchitis)
- 2- Fights acne-causing bacteria
- 3- Anti-inflammatory effects for skin conditions

Flaxseed Oil *Linum usitatissimum*

Benefits:

- 1- Lowers blood pressure
- 2- Improves antioxidant capacity and reduces oxidative stress
- 3- Reduces inflammation
- 4- Improves lipid profile and blood sugar (in coronary artery disease patients)



Ginger Oil *Zingiber officinale*

Benefits:

- 1- Reduces postoperative nausea and vomiting
- 2- Relieves pregnancy and related nausea
- 3- Reduces inflammation



Oak Gall Oil *Quercus infectoria*

Benefits:

- 1- Antimicrobial activity
- 2- Wound healing
- 3- Antioxidant and anti-inflammatory effects
- 4- Vaginitis treatment (clinical trial evidence)

Extra Virgin Olive Oil *Olea europaea*

Benefits:

- 1- Reduces cardiovascular disease risk and mortality
- 2- Lowers oxidative stress and protects LDL cholesterol from damage
- 3- Improves cognitive function and reduces dementia risk





Mustard Oil

Brassica nigra L

Benefits:

- 1- Potential cardiovascular benefit
- 2- Anti-inflammatory and antioxidant effects
- 3- Antimicrobial activity
- 4- Anticancer potential (preclinical)

Fenugreek Oil

Trigonella foenum-graecum L

Benefits:

- 1- Increases testosterone in men
- 2- Improves blood sugar control
- 3- Improves lipid profile
- 4- Supports lactation (galactagogue)



Lavender Oil

Benefits: *Lavandula angustifolia*

- 1- Improves sleep quality
- 2- Reduces anxiety and lowers physiological stress markers
- 3- Supports wound healing
- 4- Reduces musculoskeletal pain when applied topically



Colocynth Oil

Citrullus colocynthis

Benefits:

- 1- Reduces pain in diabetic neuropathy
- 2- Antioxidant and anti-inflammatory activity (lab-level)
- 3- Antimicrobial activity (lab-level)
- 4- Reduces joint and muscle pain



Castor Oil

Ricinus communis

Benefits:

- 1- Induces labor and promotes cervical ripening
- 2- Relieves constipation
- 3- Supports hair growth (limited evidence)

Henna Oil

Lawsonia inermis

Benefits:

- 1- Hair conditioning and scalp health
- 2- Antimicrobial and antifungal activity
- 3- Anti-inflammatory and soothing skin effects
- 4- Wound-supportive properties



Frankincense Oil

Boswellia sacra

Benefits:

- 1- Reduces osteoarthritis pain and improves joint function
- 2- Anti-inflammatory effects
- 3- Skin-soothing and anti-aging potential



Cinnamon Oil

Cinnamomum verum

Benefits:

- 1- Improves blood glucose control (oral use)
- 2- Improves lipid profile (oral use)
- 3- Antimicrobial activity
- 4- Reduces body weight/BMI (oral use)



Apricot Seed Oil

Prunus armeniaca

Benefits:

- 1- Moisturizes and nourishes skin
- 2- Antioxidant, antimicrobial, and anti-inflammatory activity
- 3- Skin barrier support (traditional and cosmetic use)
- 4- Possible eye/ocular surface protection

Walnut Oil

Juglans regia

Benefits:

- 1- Supports cardiovascular health and dilates arteries
- 2- Helps in balancing beneficial cholesterol levels
- 3- Beneficial for dry and rough skin
- 4- Strong antioxidant and delays signs of aging



Herbal Distillates Production Line



Warning: Bahar Factory products are not medicines and do not replace consulting a doctor



Method of use:

Add a tablespoon to a cup of warm water, and drink it three times in a day before meals

Lavender Distillate

Lavandula angustifolia

Beneficial for:

Lavender may help reduce anxiety, stress, and physical signs of tension while promoting relaxation and better sleep quality



Caltrop Distillate

Tribulus terrestris

Beneficial for:

Support urinary health and promote diuresis, with potential antiurolithic effects related to kidney stone formations





Lemon Peel Distillate

Citrus limon

Beneficial for:

Support overall health through its naturally occurring antioxidant and bioactive compounds



500 ml

Hawthorn Distillate

Crataegus monogyna

Beneficial for:

Support cardiovascular function by improving exercise tolerance, reducing blood pressure, and promoting healthy blood flow



500 ml



Frankincense Distillate

Boswellia sacra

Beneficial for:

- 1- Maintaining kidney and urinary tract health
- 2- Anti-inflammatory effects
- 3- Anticancer potential (preclinical)
- 4- Supportive/palliative cancer care (inhaled aromatherapy)
- 5- Broader inflammatory-condition relief



500 ml

Cinnamon Distillate

Cinnamomum verum

Beneficial for:

Support healthy blood sugar, cholesterol, body weight and metabolic function



500 ml



Rosemary Distillate

Salvia rosmarinus

Beneficial for:

- 1- Improves cognitive function memory
- 2- Improves sleep quality and mood
- 3- Pain management
- 4- Antioxidant and anti-inflammatory effects (including skin)

500 ml

Chicory Distillate

Cichorium intybus

Beneficial for:

Support liver health and help improve liver enzyme levels, particularly in people with non-alcoholic fatty liver



250 ml

500 ml



125 ml

60 ml

Black Seed Oil

Nigella sativa

Benefits:

- 1- Improves cardiovascular risk factors
- 2- Lowers blood pressure
- 3- Improves blood sugar control
- 4- Reduces inflammation and oxidative stress
- 5- Gastroprotective effects

Myrtle Oil

Myrtus communis

Benefits:

- 1- Anti-inflammatory effects
- 2- Antioxidant activity
- 3- Antimicrobial activity
- 4- Skin and wound healing support
- 5- Broader traditional therapeutic activity



60 ml



60 ml

30 ml

Chamomile Oile

Matricaria chamomilla

Benefits:

- 1- Improves sleep quality
- 2- Reduces anxiety
- 3- Reduces pain (postoperative and procedural)
- 4- Anti-inflammatory effects
- 5- Reduces skin redness and irritation

Garlic Oil

Allium sativum

Benefits:

- 1- Lowers blood pressure
- 2- Improves lipid profile raises HDL
- 3- Reduces inflammation
- 4- Supports coronary artery disease markers
- 5- Immune system support



60 ml

Coconut Oil

Cocos nucifera

Benefits:

- 1- Improves skin hydration and barrier function
- 2- Antimicrobial protection for skin
- 3- Supports eczema/atopic dermatitis management
- 4- Hair conditioning and damage protection
- 5- Raises HDL (good) cholesterol



250 ml

60 ml

Peganum Oil

Peganum harmala

- 1- Reduces muscle and joint pain and spasms
- 2- Helps soothe rheumatism pain through massage
- 3- Effective against some types of bacteria and fungi

Note: Not suitable for pregnant and breastfeeding women, and children



60 ml



60 ml

Fennel Oil

Foeniculum vulgare

- 1- Reduces menstrual pain
- 2- Relieves infantile colic
- 3- Eases menopause symptoms
- 4- Antimicrobial and antioxidant activity (relevant to skin use)
- 5- Digestive relief

30 ml

Coriander Oil

Coriandrum sativum

Benefits:

- 1- Anti-inflammatory and analgesic effects
- 2- Antioxidant activity
- 3- Antimicrobial activity (including oral-dental applications)
- 4- Digestive health support



30 ml

Orange Peel Oil

Citrus sinensis

Benefits:

- 1- Reduces anxiety
- 2- Promotes relaxation and reduces physiological stress markers
- 3- Antioxidant activity
- 4- Antimicrobial and antifungal activity



Beard Growth Oil



Beneficial For:

Once daily, apply one medium spoonful (salad spoon) of the oil to the palm of your hand. Gently massage it into the beard and the skin underneath for a few minutes until the beard is fully saturated and feels soft. Leave the oil on the beard for (3–5) hours, then wash with lukewarm water and a suitable soap.

Method of using beard Growth oil:

- 1– Thickening the beard (and filling in the gaps)
- 2– Softening beard hair
- 3– Giving the beard luster and shine
- 4– Enhancing and deepening the beard color
- 5– Strengthening beard hair follicles from the roots

Stay tuned for a collection of valuable and healthy aromatic oils



Dill Seed Distillate

Anethum graveolens

Beneficial for:

Support healthy digestion by easing abdominal cramps and spasms, while also contributing to healthy cholesterol and blood sugar levels



500 ml

Celery Seed Distillate

Apium graveolens

Beneficial for:

Help support joint health and relieve symptoms associated with rheumatism and gout, Its potential anti-inflammatory and uric acid-lowering effects may contribute to these benefits



500 ml

Fennel Seed Distillate

Foeniculum vulgare Mill

Beneficial for:

Help relieve menstrual discomfort, menopausal symptoms, infantile colic, and digestive discomfort



250 ml

500 ml

Clove Distillate

Syzygium aromaticum

Beneficial for:

Clove may provide strong antioxidant and antimicrobial properties while helping reduce inflammation and pain, largely due to its eugenol content



500 ml

250 ml

Olive Leaf Distillate

Olea europaea

Beneficial for:

Help support healthy blood pressure and triglyceride levels, while providing antioxidant and anti-inflammatory properties



500 ml

Alfalfa Seed Distillate

Medicago sativa

Beneficial for:

Alfalfa contains bioactive compounds that may provide antioxidant, anti-inflammatory, blood-sugar-regulating, and cardiovascular-supporting effects



500 ml

Indian Costus Distillate

Saussurea costus

Beneficial for:

1. Antimicrobial activity
2. Anti-inflammatory effects
3. Digestive & gastric protection



Kurdish Gum Distillate

Pistacia atlantica

Beneficial for:

1. Reducing stomach acidity
2. Stomach and duodenal inflammation and ulcers
3. Constipation, gases, and bloating



Cumin Seed Distillate

Cuminum cyminum

Beneficial for: Support healthy blood sugar, cholesterol, triglyceride levels, and waist circumference, contributing to overall metabolic health



Yarrow Distillate

Achillea millefolium

Beneficial for: Support women's hormonal and menstrual health by helping relieve premenstrual symptoms and menstrual pain, It may also help regulate menstrual bleeding and cycle-related symptoms



Thyme Herb Distillate

Thymus vulgaris

Beneficial for: Stomach and intestinal problems such as: infections (inflammation), ulcers, and stomach bacteria (germs)



Anise Seed Distillate

Pimpinella anisum

Beneficial for: Respiratory system problems such as: cough, chest infection, bronchitis, and shortness of breath




Method of Use: Take one teaspoon (5 mL) three times daily before meals, or apply externally to the skin and hair as needed.



Olive Oil

(Extra Virgin)



Coconut Oil

Extracted by Cold-Press Method



The useful set for Hair care

Benefits and Method of Using the Hair Package (Oil and Distillate)

- 1- Provides nourishment to the hair and scalp, moisturizes the hair, and strengthens the hair strands
- 2- Helps in reducing and stopping hair loss, split ends, and hair roughness and dryness
- 3- Accelerates blood circulation in the scalp and increases hair growth
- 4- Beneficial for dandruff, oiliness, scalp inflammation allergies, and itching
- 5- Maintains the softness and shine of the hair



Method of use:

- 1- After washing the head with an herbal shampoo and drying it, put a medium spoon amount (salad spoon) of the oil in the palm of your hand and apply it to the scalp and hair strands
- 2- First, massage your scalp with the oil **1** (do a massage) for three to four minutes with your fingertips
- 3- The oil must remain on the hair for two to three hours, and after that wash it with lukewarm water
- 4- After washing the head and drying it, spray a few spritzes of the herbal distillate **2** on your head and hair, and leave it on without washing it to increase strength, luster, and shine



Food-Grade Rose Water Distillate

Rosa x damascena

Beneficial for:

1. Improves the taste and aroma of foods and beverages, and provides better health for the body and psychological state
2. Increases antioxidants that protect cells from aging
3. Maintains body hydration and provides a deep feeling of refreshment when added to beverages

Method of use:

- 1- Add a few drops of it to water or milk to get a refreshing drink
- 2- Mix it with Mahalabia and pastries to get a more delicious taste and flavor
- 3- Mix it with water and honey to be beneficial for a sore throat



250 ml

Rose water from Bahar Factory is produced using the authentic, ancient traditional method, but using modern machinery and technology

Cosmetic Rose Water Distillate

Rosa x damascena

Beneficial for:

1. Moisturizes and softens the skin
2. Prevents skin dryness and maintains its fat (oil) balance
3. Fights acne and skin inflammation, especially for oily or sensitive skin
4. Deeply cleanses skin pores and prevents them from clogging
5. Reduces itching caused by allergies or sun exposure
6. Reduces wrinkles and signs of aging



250 ml

Spray

Licorice Distillate

Beneficial for:

1. Peptic ulcer / gastric protection
2. Liver enzyme improvement
3. Prevents postoperative sore throat
4. Anti-inflammatory / gut protection (preclinical)



250 ml

Aromatic Peppermint Distillate

Benefits:

1. Reduces abdominal pain and gases
2. Stimulates the digestion process
3. Antimicrobial (against bacteria and fungi)
4. Calms Irritable Bowel Syndrome (IBS) and relieves tension and cramps



250 ml



Pennyroyal Distillate

Mentha pulegium

Benefits:

1. Stimulates the digestion process
2. Removes gases and abdominal bloating
3. Eliminates intestinal worms and stops diarrhea
4. Reduces headaches and fever (high temperature)
5. Beneficial for respiratory system problems in general

250 ml

Dandelion Distillate

Taraxacum officinale

Benefits:

1. Gastroprotective effects
2. Antioxidant activity
3. Anti-inflammatory / vascular protection
4. General safety / tolerability
5. Laxative for the intestines and prevents constipation

250 ml

Eucalyptus Leaves Distillate

Eucalyptus globulus

Benefits:

1. Relieves cough
2. Supports respiratory conditions (bronchitis, sinusitis, COPD)
3. For coughs, colds, and epidemics
4. Expectorant for phlegm and beneficial for throat (larynx) inflammation

250 ml

Chamomile Distillate

Matricaria chamomilla

Benefits:

1. Beneficial for ulcers and inflammation of the digestive system
2. For gases, abdominal pain, and bloating
3. For Crohn's disease and irritable colon (Irritable Bowel Syndrome)
4. For menstrual pain
5. For asthma and seasonal allergies

250 ml

Milk Thistle Seeds Distillate

Silybum marianum

Benefits:

1. Protects the liver from toxicity and cirrhosis
2. Beneficial for hepatitis, jaundice, and liver cancer
3. Beneficial for cancer patients and those who have received chemotherapy
4. Increases milk production in breastfeeding women

250 ml

Artichoke Seeds Distillate

Cynara cardunculus

Benefits:

1. Purifies the liver from toxins
2. Stimulates the digestive system, gallbladder, and liver
3. Lowers cholesterol levels
4. Lowers blood sugar levels

250 ml

Fumitory Distillate

Fumaria officinalis

Benefits:

1. Liver protection (hepatoprotective)
2. Anti-inflammatory effects
3. Antioxidant activity
4. Skin health / dermatological use
5. Antidiabetic and cardiovascular potential (preclinical, limited)

250 ml

We care about your health

The beneficial skincare set

Benefits and Method of Use for the Skincare Package (oil and distillate):

- 1- Beneficial for **acne** and **skin spots** by regulating sebum (oil) production and moisturizing the skin without clogging the pores.
- 2- Reduces **inflammation** and **itching** associated with acne, thanks to its anti-inflammatory properties
- 3- Beneficial for **eczema** and **psoriasis**: protects the skin from free radicals and reduces skin sensitivity
- 4- Fights **dryness** and **roughness**: because it deeply moisturizes the skin and makes it **softer** and more **elastic** due to containing **fatty acids** and **Vitamin E**
- 5- Forms a protective layer: prevents **moisture** loss and helps in the production of **natural skin oils**



Method of use:

- 1- First, wash your skin gently using a natural soap and lukewarm water, then dry it
- 2- Test the oil on a small area (on your arm as an example) to ensure there is no allergic reaction
- 3- At night (two to three times a week), put a teaspoon amount of the oil **1** in the palm of your hand and apply it to the areas with acne and spots, and massage the area for a few minutes (do a massage) with your fingertips
- 4- After that, wash your skin with lukewarm water and dry it
- 5- Then, spray a few spritzes of the herbal distillate **2** over your entire face, massage it in, and leave it on the skin without washing it off