

Nakilat



September 2015

Monthly Magazine Published By Kuwait Oil Tanker Company's - Public Relations & Admin Services Group

عيد مبارك
EID MUBARAK



Nakilat

September 2015



Editor In Chief
Khaled Abdul Aziz Al Doub
Manager of the Public Relation
& Administrative Services Group

P.O.Box 810
Safat, 13009
Kuwait

E-mail:
nakilat@kotc.com.kw

Editorial
Public Relation Department

**Nominated by Lloyd's
List, KOTC to the Safety
Award Final**

3



6

**KOTC a Leader in
Implementing Safety
& Security Enclosed
Spaces Rules on Deck**

**Capt. Anwar Buftain
a Role Model for
Success**

10





Talal Al-khaled Al-Ahmad Al-Sabah
Chief Executive Officer

Blessed Hajj and Forgiven Sins

In just a few days, Eid Al-Adha will come.

At Eid, the Moslems eyes tilt towards Makkah Al-Mukarramah, where 3 million pilgrims fulfil their last of the 5 pillars of Islam in response to His call: {And proclaim to the people the Hajj; they will come to you on foot and on every lean camel; they will come from every distant pass}.

Hajj is a major pillar of Islam in which all hearts, tongues, colors and nations are unified in one voice praying to one god in representation of unification. Hajj is a blessed action to come closer to Allah and win the forgiveness. May Allah accept your Hajj and effort and forgive you sins.

On the occasion of Eid Al-Adha, we congratulate His Highness the Amir of Kuwait Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, His Highness Crown Prince Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah HE the Prime Minister Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, Kuwait people and all employees of KOTC and oil sector. We pray to Allah to make these blessed days bountiful and copious.

May Allah keep Kuwait safe and secure.

Happy Eid to you all

Part of Employees Automated Services Managers and TLs E-signature Training

IT & Communications Group held a training course for a number of Group Managers and Team Leaders about e-signature on KOTC correspondence.

In cooperation with IT & Communications Group, representatives of Al-Diyar United for Trading & Contracting spoke in the courses. Recently, the Company

inaugurated the Employees Automated Services. Employees can issue receive certificates automatically in both languages, and managers sign them electronically.



■ Attendants at the e-signature presentation



■ Al-Diyar United representative speaking

Inspection Tour at Mutriba with Al-Azemi

Shehab: KOTC Spares No Effort in Support of Crews

DCEO, Fleet Operations, Ali Shehab, accompanied by Fleet Personnel Group Manager Eng. Abdullatif Al-Azemi, made an carried out an inspection visit to the tanker Mutriba. They checked the safety and security measures and listened to views and demands of the crew.

“The management supports the on-deck manpower, spares no effort to enhance their professional experience and fulfills all their needs,” Shehab said. “I urge Mutriba crew to maintain their good work and keep our world-status,” he added before wishing all the best in their sea journeys.

Mutriba, the medium-range oil products tanker,



■ Mr. Ali Shehab, Eng. Mr. Abdullatif Al-Azemi and Murtriba crew

is one of Phase-III of fleet modernization. The 47,000 Mt load capacity has 186 meters length, 32,2 meters width,

18,5 depth and 15,2 knots speed. Being economic in fuel consumption, the tanker is competitive for charter.



Finalist at International Competition Nominated by Lloyd's List, KOTC to the Safety Award Final

The international Lloyd's List nominated KOTC as a finalist in its annual Safety Award. KOTC presented a paper detailing its tankers' security and safety level. After fulfilling all conditions and demonstrating commitment to improved shipping safety and security standards. Being among the top shortlisted, the Company is very close to winning the Award amid a tough completion with international companies. The Award-distribution ceremony will held at the National Maritime Museum near London.

Last year, KOTC collected the Lloyd's List Award for Safety & Security as the Best Tanker in the Middle War and Indian Sub-Continent for 2014 when CEO Sheikh Talal Al-Khalid Al-Sabah received the prize during the Lloyd's List ceremony at Dubai, UAE.

The Company was nominated for several prizes, namely the Environment Award in which KOTC was the runner up, Safety Award, which was won by KOTC, Ship Operator Award and Training Award.

Due to its prominent status in the shipping industry, the Award gave KOTC an



■ Eng. Jamil Al-Ali receiving the Award



■ Eng. Jamil Al-Ali with Lloyd's List last year winners

important regional and international classification position. The Award represents the Company's commitment as a responsible national and strategic carrier for Kuwait and KPC.

KOTC is the only Middle East company to be nominated for such a prestigious Award. Being a model for environment-friendly tankers was behind

the selection. The tankers are equipped with anti sea and air pollution systems. It has also equipment to treat various gas emissions, whether from engines or cargo. They are also very low in fuel consumption. Established in 1734, Lloyd's List is the world's oldest and most reliable source for news and information regarding international marine sector.

After Passing Theoretical and Practical Tests New Batch of Students Join Marine Scholarship



■ Eng. Abdullatif Al-Azemi and Mrs. Hadeel Al-Matar with a number of students recently joined the marine missions

A new batch of students has been selected to join the marine Scholarship for studying maritime navigation and engineering at U.K.

The new students signed their contracts with KOTC in presence of their parents, Manager Fleet Personnel Group Abdullatif Al-Azemi, Team Leader Fleet Training C/E Jihad Al-Bannay and Fleet Training Analyst Mrs. Hadeel Al-Matar

The new students include Waleed Al-Azmi, Omran Bahbahani, Thunaiyan Al-Ghanem, Abdul Aziz Saleh, Jarrah Al-Zufeiri, Muhammad Mohsen Mohammed Faihan, Abdul Aziz Ali, and Yousef

Al-Kassar. They will study the English language at Kaplan Manchester, Kaplan Cambridge and Oxford Kaplan Schools respectively. They will study for 6 months at these schools before moving to other colleges to further their studies in maritime navigation and engineering.

The annual selection of students is done with full consistency and transparency. They pass several tests to evaluate their skills and abilities before spending some time on deck of the tankers to see the sea-life in reality. After verification of priority to continue their study and job, contracts are signed. Afterwards,

the selected students start education and training journey at U.K. KOTC management closely follows-up on their studies with periodical visits to ensure their commitment, listen to their demands and fulfill their needs. They are expected to be Kuwait's best ambassadors.

The schools' officials commended the students, their behavior and sincerity in their on-going study.

The marine Scholarship students are studying maritime navigation and engineering. They are:

They are distributed to another batch of students will join the group shortly.



■ A number of the marine missions students



■ Student Waleed Al-Azemi with his father during signing the contract

New Marine Scholarship Cadets Joined English Schools at Oxford, Cambridge and Manchester Delegates from Kuwait Oil Tanker Company Visiting the New cadets

Team Leader Fleet Training C/E Jihad Al-Bannay and Fleet Training Analyst Mrs. Hadeel Al-Matar visited the New Marine Scholarship Cadets who Joined Kaplan international Colleges to study English Language at Oxford,

Cambridge and Manchester purpose of the visit is to check on the new Marine Scholarship Cadets who Joined Kaplan International Schools in August 2015 and meet with the new Principals and give guidelines to the students and schools.

New cadets were divided in different Kaplan branches school Oxford, Omran Behbehani Waleed Al Azemi Cambridge Mohammed Muhsen Yousef Al Qassar and Manchester Thenyan Al Majed Abdulaziz Ali Jarrah Al Dhfeeri



■ Mrs. Hadeel Al-Matar and Mr. Dwan Hari, who is in charge of studies at Cambridge School



■ Eng. Jihad Al-Bannay and Mrs. Hadeel Al-Matar with the students Mr. Thunayan Al-Ghanim and Mr. Jarrah Al-Zufairi

Saleh Mandakar: I'm honored and pride and Encouraged to achieve the best Outstanding Student Honored

As part of the Company's encouragement policy for the marine Scholarship students at UK, Fleet Personnel Group honored the student Saleh Mendakar for his remarkable study and excellence. Fleet Training Analyst Hadeel Al-Matar said has shown exemplary attitude and behavior in his studies and commitment to the Cadet Division, I hope he is an inspiration to all cadets.

In his interview with "Nakilat," Mandakar said that desire and aspiration were behind joining the marine missions. "I loved the maritime studies, and feel happy for my selection. I hope to work on-deck of the tankers after graduation."

"Being honored is a source of pride and inspiration to me to work harder in my career Goals," Mandakar express his gratefulness Manager Fleet Personnel Abdullatif Al-Azemi, Team Leader Fleet Training Jihad Al-Bannai, Fleet Personnel Supervisor Asaad Al-Mane' and Fleet Training Analyst Hadeel Al-Matar for their support of the marine scholarship program. Mendkar also appreciate the Company's support for



■ Mrs. Hadeel Al-Matar and Mr. Saleh Mandakar the students, such as Marine scholarship division follow up and proper treatment."

"After graduation, I'm looking forward to working on KOTC Tanker, my aim to be master onboard our fleet. He concluded by expressing his eagerness to serve his country and meet expectation of KOTC.



Clean Record Reflects Commitment to Marine Laws KOTC a Leader in Implementing Safety & Security Enclosed Spaces Rules on Deck

All-On Deck Employees Training on Enclosed Space Entry

IMO New Regulations to Prevent On-deck Accidents

KOTC gives training and measures to be taken before entering an enclosed space in tankers a great importance. For a long time, the Company has been a leader in implementing the safety and security measures in enclosed spaces in order to provide protection for the tankers crews; among which is the every other month training is organised for all crews. The enclosed spaces include tanks for cargo, drinking water, balance water and other. Such measures have been recently applied by the International Maritime Organization (IMO).

KOTC safety and security measures for enclosed spaces are in line with those requested by IMO and KPC. The latter enforced even stricter measures in order to secure the safety of tankers crews and to make wearing

the necessary tools upon entering the enclosed spaces compulsory, such as the breathing apparatus.

The two classification societies in Paris and Tokyo have decided to launch the annual joint campaign starting from

September 1st and ending November 30th. The aim is to inspect all ships calling at ports under the Paris and Tokyo jurisdiction to ensure that the rules and procedures of the IMO decisions Nos. 105, 1477 and 1485 are implemented.





CIC on Crew Familiarization for Enclosed Space Entry
This is a document to be signed by the crew members before entering an enclosed space.

Section	Item	Yes	No	Not
1.0	1.0.1 Are there any restrictions on the use of the space?			
	1.0.2 Are there any restrictions on the use of the space?			
	1.0.3 Are there any restrictions on the use of the space?			
2.0	2.0.1 Are there any restrictions on the use of the space?			
	2.0.2 Are there any restrictions on the use of the space?			
	2.0.3 Are there any restrictions on the use of the space?			
3.0	3.0.1 Are there any restrictions on the use of the space?			
	3.0.2 Are there any restrictions on the use of the space?			
	3.0.3 Are there any restrictions on the use of the space?			

Kuwait Oil Tanker Company S.A.K. SM 9.17.1

Enclosed Space Entry Permit

Vessel: _____

Location / Name of Enclosed Space: _____

Reason for Entry (see Note 2): _____

This permit is valid From: _____ hrs Date: _____ To: _____ hrs Date: _____

Section 1- Pre-Entry Preparations
(to be checked by the Master or Responsible Officer)

- Has a Risk Assessment been carried out?
- Have additional control measures identified, been implemented?
- Has the space been segregated by blanking off or isolating all connecting pipelines or valves and electrical power / equipment?
- A lock-out system is implemented
- Has the space been cleaned where necessary?
- Has the space been thoroughly ventilated by mechanical means?
- Has the space been tested and found safe for entry
- Pre-entry atmosphere tests (see Note 3, 4 & 5):

Instruments used for gas measurement tested prior to use

Instrument:	Tested & Confirmed Satisfactory: Time:
Instrument:	Tested & Confirmed Satisfactory: Time:
Instrument:	Tested & Confirmed Satisfactory: Time:

Atmosphere Tests

Gas / Tolerance	Time/Reading	Time/Reading	Time/Reading	Time/Reading	Time/Reading
O ₂ % Vol. (21%)					
MC % LEL (1%)					
Toxic Gases (see Note 2) (not more than 50% of the occupational exposure limit (OEL) of any toxic vapours and gases) (specify Gas & TLV-TWA)					
H ₂ S	5 ppm				
Benzene	1 ppm				

Checks

- Are arrangements in place for frequent atmosphere checks to be made while the space is occupied and after work breaks?
- Have arrangements been made for the space to be continuously ventilated throughout the period of occupation and during work breaks?
- Access and illumination adequate?
- Is rescue and resuscitation equipment available for immediate use by the entrance to the space?

Shipboard Contingency Planning Deck Procedure No: 9

Pump Room and Enclosed Space Rescue

Actions to be Carried Out:-

- Sound Emergency alarm and carry out a head count.
- Prepare 2-man team in S.G.B.A. from the Emergency Party to proceed to the location ASAP.
- Ensure all available doors, hatches or openings to the space are open and continuous ventilation is in progress.
- Emergency Party Team to proceed to the aid of the affected person's taking one Oxygen resuscitator with them.
- Back up party to stand by at the entrance to the space with additional B.A. sets, air bottles, resuscitators and rescue equipment as required.
- First Aid party to prepare stretcher, first aid equipment and extra E.E.B.D.s at the entrance to the space.
- If the emergency is in the Pumproom or enclosed space, confirm atmosphere at the top of the Pumproom or in the enclosed space is safe, using portable instruments.
- In case atmosphere is not safe then Back-up Party to man the rescue station at the top of the Pumproom or enclosed space.
- On locating the casualty, rescue team to administer oxygen and/or expedite evacuation of the affected persons as required.
- A responsible officer to assess risk/contributory factors leading to the emergency situation and take immediate mitigating action.
- Remove casualty to a safe location and administer first aid as required.
- Make preparations for med-evac of casualty to shore facilities if necessary.

Additional Ship-Specific Measures

The procedures seek to prevent accidents in sailing ships, considering the increasing number of accidents recently despite the existing laws. KOTC had started implementing these rules even before IMO issued same, and its clean

record since it was established reflects KOTC leadership among the world shipping companies. In this respect, the Marine Operations Department issued instructions to all KOTC tankers requesting the full implementation of the IMO

laws to the letter, and follow the necessary procedures and precautions upon entry to the enclosed spaces in tankers. Other orders were given to all ship supervisors to make inspection tours to ensure the implementation of the Company's instructions.



Low Priced Chalets is Common Annually

Employees: KOTC Social Services are Good for Work

For the 7th consecutive year, the Company managed to reserves chalets at low prices for the employees at Movenpick, Seashell Al-Julaia and Hilton Hotel and Resorts. The employees thanked the Company for taking care of this special aspect and expressed their pleasure as follows:



■ Mr. Muhammad Al-Mazidi

Senior Analyst Manpower & Compensation Mr. Tarek Al-Qattan described the annual reservation of chalets every summer as an excellent move. "Just like our sister companies, we do have now entertainment services, and we could spend



■ Eng. Sara Al-Hadhood

very good times with the family members," Al-Qattan said before thanking Public Relations & General Services Dept. for their effort. Senior Analyst Financial Accounts Mr. Abdul Aziz Al-Khudhari described the chalets



■ Eng. Latifa Al-Qabandi

reservation as "excellent effort with suitable low prices which gave the employees the opportunity to spend some good times after months of work."

Senior Suppliers Controller Mr. Muhammad Al-Mazidi said that the chalets reservation is an outstanding and well-thanked service. "I hope to get us more chalets so everyone will get the chance to have a chalet. Our thanks goes to the Public Relations & General Services Dept."

In turn, Fleet Purchasing Senior Analyst Eng. Meshal Al-Madhi thanked the management for taking care of the employees. "This service boosts the job satisfaction and loyalty which pushes us for more work. I and my family enjoyed our time in one chalet at a low price. We



■ Mr. Abdullah Al-Dawood



■ Mr. Abdullah Al-Qallaf



■ Mr. Muhammad Al-Tuwaijri

hope to see it next year.” Employees Analyst Mr. Muhammad Al-Tuwaijri said that spending time at the chalets is good for relaxing with family away from work tensions. “The selected locations and services were fine,” he said As for Industrial Relations Analyst Hasan Kareem, reserving the chalets was an



■ Mr. Abdulazizi Al-Khudhari

important summer activity which allows the employees to make their families happy. For her part, Civil Projects Engineer Sara Al-Hadhood thanked those behind reserving the chalets at the Public Relations & General Services Dept.. “This an excellent service. It should be repeated next years and for the whole summer time.”



■ Mr. Tareq Al-Qattan

“Reserving the Chalets is a big effort for the employees. Making use of leisure time gives the employees a good motive to return to work with a new energy,” Planning Analyst Engineer Ms. Latifa Al-Qabandi said. However, Senior Budget Controller Mr. Abdullah Al-Dawoodsaid that the Company’s social activities help in changing the atmosphere. He called for extending such service to include tourist tours outside the country, talent encouragement and holding exhibitions. Industrial Relations Controller Mr. Abdullah Al-Qallaf expressed his appreciation for the Company’s effort in service of the employees. “These efforts are a landmark of the Company’s effort in organizing numerous annual activities. “These services boost moral, loyalty and productivity. We thank the Company concern for bringing joy to us and our families,” he concluded.



■ Eng. Meshal Al-Madhi



■ Mr. Hasan Kareem

Contributed in the Company's Recent Achievements

Capt. Anwar Buftain a Role Model for Success

23 years ago, Captain Buftain joined KOTC as a student in the marine scholarship program. After graduation, he began his journey in rough seas, where he acquired a lot of experience as a seaman. He socialized with different cultures and nationalities.



■ Captain Anwar Bouftain at his work



■ At Al-Salmi commissioning ceremony



■ At Dar Salwa reception ceremony



■ Honored by Daewoo Company when Dar Salwa was commissioned



■ With a number of colleague seafarers

Later, he joined Head Office and continued to portray his competence and skills in the administrative aspects of different groups like QHSSE Group, Fleet New Building Projects Group and finally acquired the present position of a "Team Leader Fleet Personnel" in the Fleet

Personnel Group. During his career with KOTC he has successfully been a part of some of the Company's Achievements details of which are below in his words: "I joined KOTC in 1992 as a Deck Cadet in the Marine Scholarship Program. I acquired my first Marine

Certificate in 1996 and joined the fleet as a 3rd Officer. I was then promoted to the rank of 2nd Officer in 1998, to Chief Officer in 2003 and to the rank of a Master in 2006. During my work on deck, my wide exposure to various cultures, customs and nationalities, I have learned patience,



■ Dar Salwa at shipyard



■ At Dar Salwa reception ceremony

commitment as well as the importance of teamwork. The administrative and fleet work, each have its own challenges and both complement each other. Through the administrative work, I exploit my overseas experience, which gave me confidence and readiness to deal with all kinds of emergencies.”

In 2008, I left the fleet and joined Head Office (QHSSE&ERM Group). When I was with QHSSE&ERM Group, we re-wrote the Company’s HSE administration system; in 2009 we certified the Company and the Fleet for ISO 90001/14001/18001 certificates, which made KOTC among the world’s first

ISO certified company. All our tankers were audited for HSE commitment.

Later, in 2010, I joined the Fleet New Building Projects Group and was part of Company’s Supervising Team over Phase 2 and Phase 3 of modernization project in South Korea. I was involved in supervising building of our new tankers at South Korea shipyards, where 15 ships were built, i.e. which is equivalent to half of current fleet. In 2012, I represented the Company in Dubai for building 2 service boats for the Marine Agency Branch of KOTC.

In Dec 2014, I joined Fleet Personnel Group as a Superintendent and successfully acquired my

present position of a “Team Leader Fleet Personnel”. In my current position at Fleet Personnel Group, I am committed to ensure that we recruit skilled professional fully trained seafarers (Officers, Engineers & Crew) to operate the Company Fleet.”

Regarding his ambitions, Capt. Buftain says: “I hope the company continues its world status and move higher. As for the Fleet Personnel Group, we are working with high goals to ensure better quality of officers and crew onboard our vessels. I also hope that employees to get the highest training so their productivity will be to the highest standard.



■ At Um Al-Aish commissioning ceremony



■ At a social event

The Islamic World Ready for Eid Al-Adha

Blessed Hajj, Thanked Wok and Forgiven Sins

Just a few days and Eid Al-Adha days will come. The whole Islamic World all over the continents will celebrate this occasion on 10 Zil Hijja, the next day of Waqfa at Arafat. The ceremonies start by Eid Praying then the sacrifice in obedience of His saying: {Indeed we have granted you with Alkawther* So pray to your Lord and sacrifice*...}.

At Eid, the Moslems eyes towards Makkah Al-Mukarramah, where 3 million pilgrims fulfil their last of the 5 pillars of Islam in response to His call: {And proclaim to the people the Hajj; they will come to you on foot and on every lean camel; they will come from every distant pass}.

Hajj in Islam is the pilgrimage of Moslems to Makkah Al-Mukarramah in a certain time of the year. The rites are called Manasek Al-Hajj. It is the 5th Pillar of Islam, The Prophet (P) said: [Islam is built on 5: The Shahada that there is no God but Allah and that Muhammad is His Prophet, giving Zakat, fasting Ramadan and Hajj to the

House for whoever is capable]. The Hajj became a duty on the 9th year of Hijra. Each Moslem has to do it once in a lifetime, and if he does more than once then it is a voluntary deed. Abu Huraira said that the Prophet (P) said: [People, Hajj is a duty, so make it. So a Sahabi (companion) asked: Should we make it every year? The Prophet remained silent. So the man asked again. And the Prophet replied: Had I said yes, it would be a duty, and you cannot do it].

There are 5 conditions for Hajj. The 1st is Islam, the non-Moslem can not do it. 2nd: Sanity. The insane cannot do it till he/she is cured. 3rd: Adulthood. The

boy cannot do it till puberty. 4th: Freedom. The slave cannot do it till he/she is free. 5th: Capability. It is a duty over every capable Moslem.

Hajj Manasek (rites) start on 8th Zul Hijja when the Hajj enters Ihram (prohibition) stage, the moves to Makkah to make first Tawaf (Touring) before heading to Mina to stay the of Tarwih then to Arafat to stay Arafat Day. Afterwards, the Hajj throws the stones in Jamara Akaba Kubra and returns to Makkah to make Ifadha Tawaf. Then returns to Mina to spend the Days of Tashreek (Light) and finally to Makkah to make the Farewell Tawaf before leaving the holy land.



Happy Eid Al-Adha

On the occasion of Eid Al-Adha, we congratulate His Highness the Amir of Kuwait Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah, His Highness Crown Prince Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah HE the Prime Minister Sheikh Jaber Al-Mubarak Al-Hamad Al-Sabah, Kuwait people and all employees of KOTC and oil sector. We pray to Allah to make these blessed days bountiful and copious.

May Allah keep Kuwait safe and secure.

Happy Eid

Employee of the month of June 2015



Financial Affairs &
Admin. Directorate :
Mr. Muneer Al -Enezi
Designation :
Senior Analyst Gov.&
Parl. Relation
Group :
Public Relations &
Admin Services



Fleet Operations
Directorate:
Mr. Emad Naser
Designation :
Team Leader Fleet
Engineering A
Group :
Fleet Engineering

Too much meat and sweets trouble digestive tract

12 Tips to Avoid Bad Habits at Eid Al-Adha

In just a few days and the Moslems all over the world will receive Eid Al-Adha. With this occasion go a number of eating habits which include large amounts of all kinds of meat, sweets and carbonated soft drinks. Such habits create health problems, not least troubles in digestion, swelled belly and others. Therefore, one should consider certain behaviors in order to enjoy the Eid and keep the personal and family health. Here are some tips for trouble-free celebrations:

- Minimize the red meat and liver. Better to have barbecued or boiled meat instead of frying in order to reduce fat.
- Avoid the carbonated soft drinks which increase the stomach acidity and causes filling.
- Do not start your meal with sweets as it may cause stomach indigestion. They are appetizers and cause fat.
- Eat more salad with less daily calories through light breakfast and dinner.
- Avoid excessive dinners, and avoid sleeping immediately after the meal.
- Diabetic, kidney, heart and high blood pressure patients should avoid salty food.
- The elderly people should have less red meat and food rich with fat, salt and sweet food.
- Avoid using the natural ghee. It is harmful and increases cholesterol.
- Remember the stomach is limited in size, so do not eat too much.
- Drink much liquids, especially water. Reduce coffee and tea as they increase blood pressure cause frequent urination and prevent absorbing iron.
- Eat more vegetables, such as spinach, grape-leaves, eggplants, carrot, pumpkin, lettuce and cucumber.
- Make sure to have a big plate of salad with vegetables rich in mineral salts, vitamins and fibers. This includes parsley, cucumber, paprika, tomato and others.

