

**Market Price Information for Phuentsholing from October till date**

SL no	Category	Product	Brand / Trade Name	Country of Origin	Specification (Net weight/ Volume)	Price of Goods		
						Highest	Lowest	Average
1	Rice, Flour & Pasta	Basmati Rice	Zheychem Dangpa	Bhutan	20kg	1260	1260	1260
2		Basmati Rice	Zheychem Chogjur	Bhutan	20kg	1250	1250	1250
3		Basmati Rice	Nawab	India	20kg	1200	1090	1167
4		Basmati Rice	Tibar	India	25 kg	1230	1120	1181
5		Surekha Rice	SK Gold	India	25kg	800	650	705
6		Surekha Rice	SK & Sons	India	25 kg	800	710	758
7		Sortex Rice	Raj Bhog Kumar	India	25kg	980	950	960
8		Flour (Atta)	Amrit Bhog	India	1kg	45	38	42
9		Flour (Atta)	Amrit Bhog	India	5kg	220	190	198
10		Flour (Maida)	Amrit Bhog	India	1kg	45	35	41
11		Flour (Maida)	Amrit Bhog	India	5kg	200	190	196
12		Instant Noodle	Koka (Chicken Flavour)	Singapore	85g	30	30	30
13		Instant Noodle	Maggi (Masala)	India	75g	10	10	10
14		Instant Noodle	Wai Wai (Chicken)	India	75g	10	8.75	10
15		Instant Noodle	Samyang Ramen (Spicy Chicken)	Korea	140g	90	40	76
16		Veg Noodles	Druk Noodles	Bhutan	400g	40	25	35
17		Buckwheat Noodles	Bhutan Ramen (Phuntshok Pal Biew)	Bhutan	-	NA	NA	NA
18		Spaghetti	Gustora Fettucini	India	500g	110	110	110
19		Fusilli Pasta	Finosta	India	500g	150	100	118
20		Elbow Pasta	Keya	India	500g	150	120	135
21	Frozen and Processed Meat Products	Tuna Chunk in Soya Oil	Nautilus Lite	Thailand	125g	150	145	149
22		Tuna in Vegetable oil	Brook	Thailand	125g	150	150	150
23		Chicken Frankfurter Sausage	BLDC, Bhutan	Bhutan	450g	NA	NA	NA
24		Chicken Sausage (Local Flavored)	BLDC, Bhutan	Bhutan	1kg	NA	NA	NA
26		Pork Ham	BLDC, Bhutan	Bhutan	1kg	NA	NA	NA
27		Chicken Sausages	Keventer	India	500g	NA	NA	NA

28	<b>Breakfast Cereals &amp; Biscuits</b>	Cornflakes (original)	Kellogs	India	250g	140	86	100
29		Muesli (Fruit and Nut)	Bagrrys	India	500g	325	315	320
30		Chocoflakes	Shanti	India	375g	175	175	175
31		Good day Biscuit (Butter)	Britannia	India	250g	30	26.5	30
32		Marie Gold Biscuits	Britannia	India	250g	35	30	32
33		Cream Crackers (original)	Hup Seng	Malaysia	428g	120	120	120
34		Cream Crackers	Munchy	Malaysia	300g	120	110	114
35		White Oat	Bagrrys	India	500g	NA	NA	NA
36	<b>Dairy and Poultry Products</b>	Toned Milk	Amul Taaza	India	1 ltr	66	65	65
37		Toned Milk	Keventer	India	1 ltr	65	65	65
38		Toned Milk	Go	India	1 ltr	65	65	65
39		Toned Milk	Zimdra Nutrilife	Bhutan	1 ltr	70	65	67
40		Fresh Milk	Local	Bhutan	1ltr	60	60	60
41		Processed Butter	Amul	India	500g	245	235	243
42		Fresh Butter	Local	Bhutan	1kg	480	450	470
43		Fresh Cheese	Local	Bhutan	1 ball	60	50	57
44		Processed Cheese	Amul Cheese Block	India	1kg	520	500	507
45		Processed Cheese	Britannia Cheese Block	India	1kg	525	510	516
46		Processed Cheese	Go Cheese Block	India	1kg	NA	NA	NA
47		Processed Cheese	Koufuku (Druk Dzambala)	Bhutan	1kg	560	480	520
48		Egg	Local	Bhutan	1 tray (30 eggs)	450	400	433

49	<b>Tea, Coffee, Sweetener &amp; Salt</b>	Milk Powder	Everyday, Nestle	India	800g	435	385	413
50		Milk Powder	Everyday, Nestle	India	400g	220	210	216
51		Milk Powder	Nestle CoffeeMate	Thailand	450g	250	250	250
52		Milk Powder	Nestle CoffeeMate	Thailand	900g	430	380	402
53		Milk Powder	Kreamtop	Thailand	1kg	400	380	389
54		Tea Leaves	Taro Taza Gold	India	500g	290	280	288
55		Tea Leaves	Brooke Bond Red Label	India	500g	295	230	252
56		Refined Sugar	Gobind Crystal Sugar	India	850g	50	40	45
57		Refined Sugar	Amrit Gold Crystal Sugar	India	750g	50	42	47
58		Coffee	Nescafe Classic	India	200gm	310	310	310
59		Coffee	Moccona Classic	Thailand	190gm	160	160	160
60		Coffee	Nescafe Gold	Thailand	100g	NA	NA	NA
61		Salt	TATA	India	1kg	35	15	20
62		Salt	Saffola	India	1kg	40	35	39
63	<b>Fruit Juice and Squash</b>	Apple Juice	Zimdra Nutrilife	Bhutan	1ltr	120	110	118
64		Guava Juice	Zimdra Nutrilife	Bhutan	1ltr	120	110	118
65		Orange Juice	Zimdra Nutrilife	Bhutan	1ltr	129	110	120
66		Litchi Juice	Zimdra Nutrilife	Bhutan	1ltr	120	110	117
67		Mixed Fruit	Zimdra Nutrilife	Bhutan	1ltr	120	110	117
68		Orange Squash	Druk (BFPPL)	Bhutan	1.5ltr	130	120	126
69		Lemon Squash	Druk (BFPPL)	Bhutan	1.5ltr	130	120	127
70		Orange Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	110	125
71		Lemon Squash	Royal Bhutan (BAIL)	Bhutan	1.5ltr	130	110	124
72		Apple Juice	Royal Bhutan (BAIL)	Bhutan	1 L	95	90	93

73	Edible Oil	Groundnut oil	Fortune Goldnut	India	5ltr	NA	NA	NA
74		Soyabean oil	Saffola Gold	India	5ltr	1270	1150	1204
75		Soyabean oil	Fortune Refine Oil	India	5ltr	950	830	872
76		Soyabean oil	Natural Lite	India	4.5 ltr	600	580	594
77		Soyabean oil	Happy Makhu	Bhutan	3.9ltr	530	530	530
78		Olive oil	Oleev Active	India	5ltr	1380	1250	1329
79		Toiletries	Toothpaste	Colgate Max Fresh	India	150g	100	97
80	Toothpaste		Colgate Active Salt	India	200g	103	100	102
81	Toothpaste		Dabur Red	India	100g	95	50	61
82	Bathing Soap		RB Dettol	India	125g	60	25	50
83	Bathing Soap		Hul Life Buoy	India	65g	25	25	25
84	Dishwashing Soap		Exo Round Bar	India	500g	60	49	52
85	Dishwashing Soap		E&B Dishwashing Soap	China	400g	100	80	90
86	Detergent		Henko Stain Champion	India	5kg	740	720	730
87	Detergent		Mr White	India	1kg	65	65	65
88	Sanitary Napkin		Stayfree Secure Extra Large	India	-	40	35	36
89	Sanitary Napkin		Stayfree Dry Max	India	-	45	45	45
90	Sanitary Napkin		Orfit	India	-	30	20	27
91	Sanitary Napkin		Sofy	Thailand	-	65	40	53
92	Tissue Roll		Zilk	Thailand	1 roll	25	25	25
93	Tissue Roll		Pulppy	Hongkong	1 roll	NA	NA	NA
94	Tissue Roll		Meto	Bhutan	1 roll	25	20	23

\*The market price has been collected from 12 major grocery shops of the dzongkhag