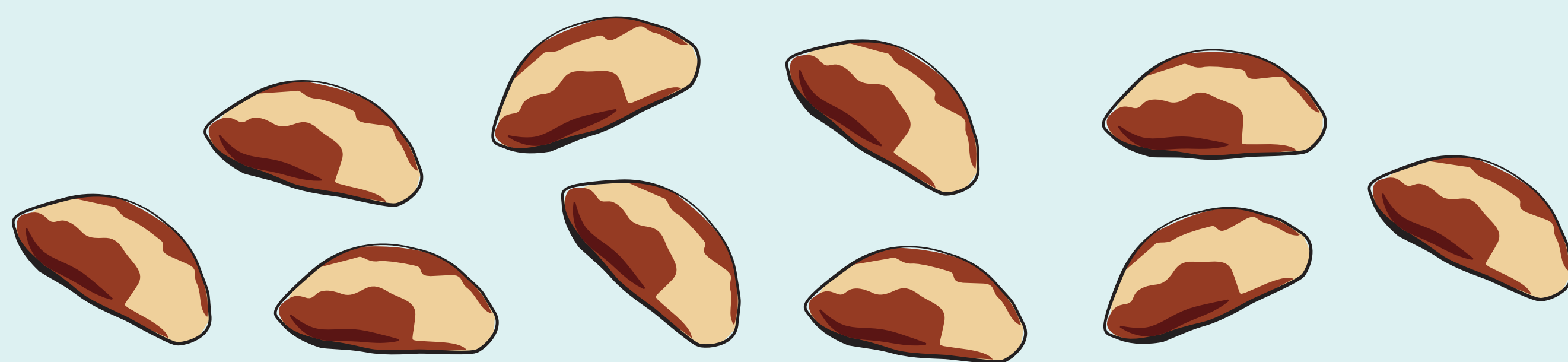


# BRAZIL NUTS



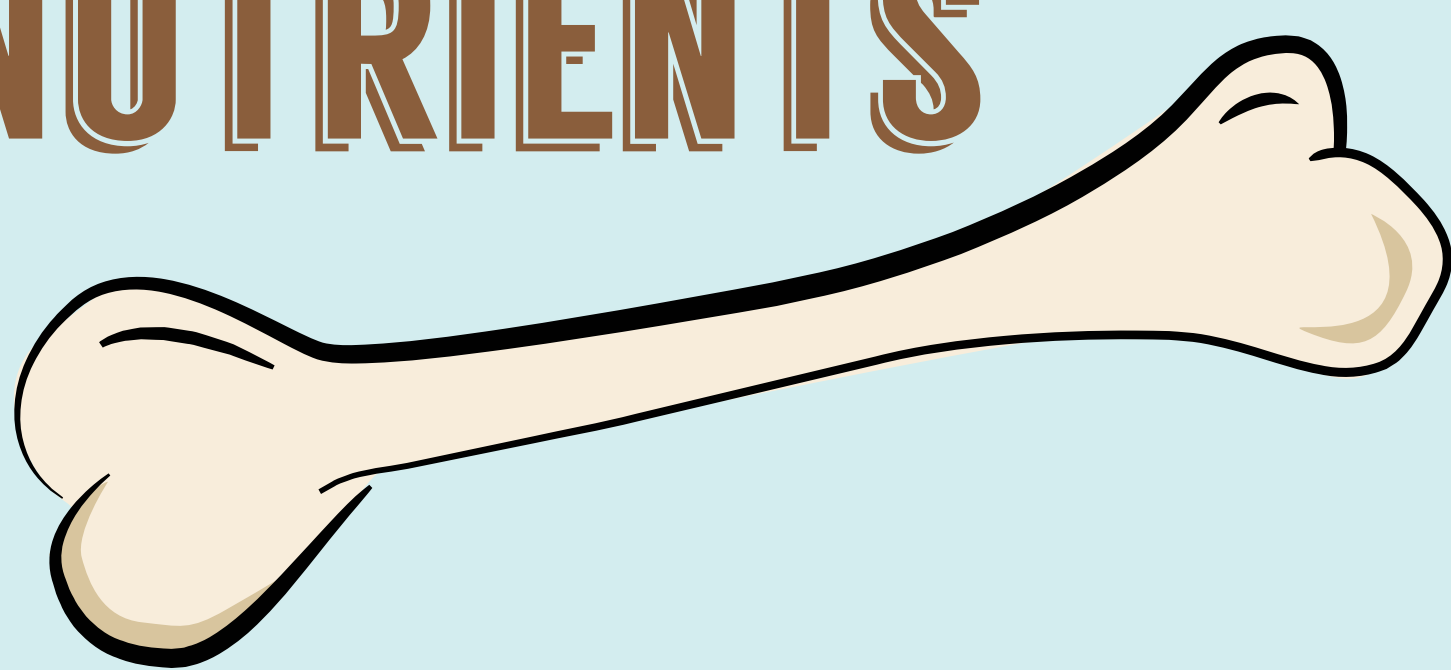
# 10



30g

BRAZIL NUTS MAKE UP A HEALTHY HANDFUL

## BONE BUILDING NUTRIENTS

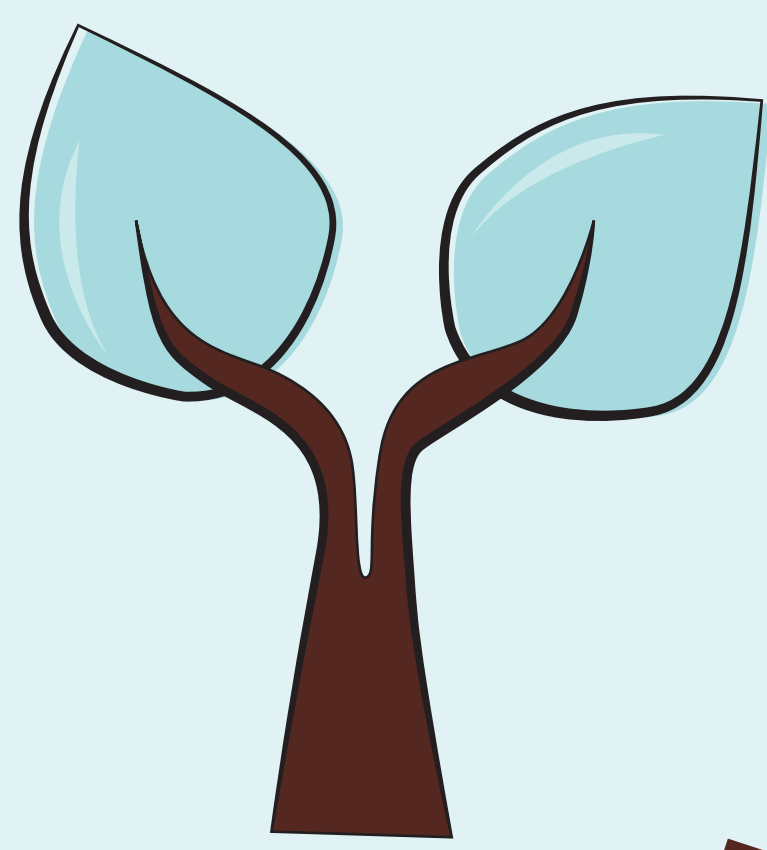
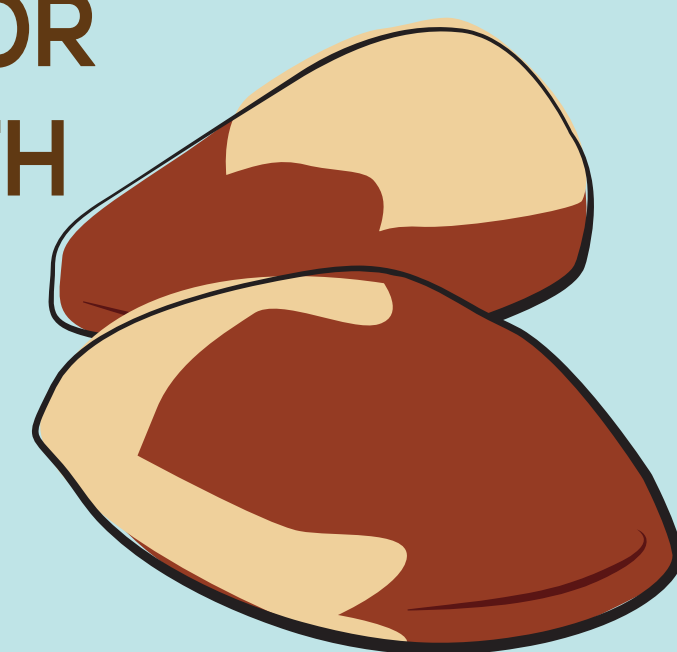


BRAZIL NUTS CONTAIN MAGNESIUM, CALCIUM, PHOSPHOROUS, ZINC AND PLANT PROTEIN

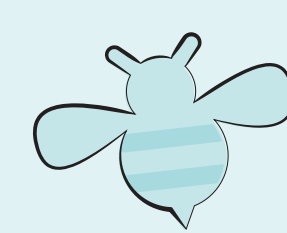


## DIETARY SOURCE OF SELENIUM

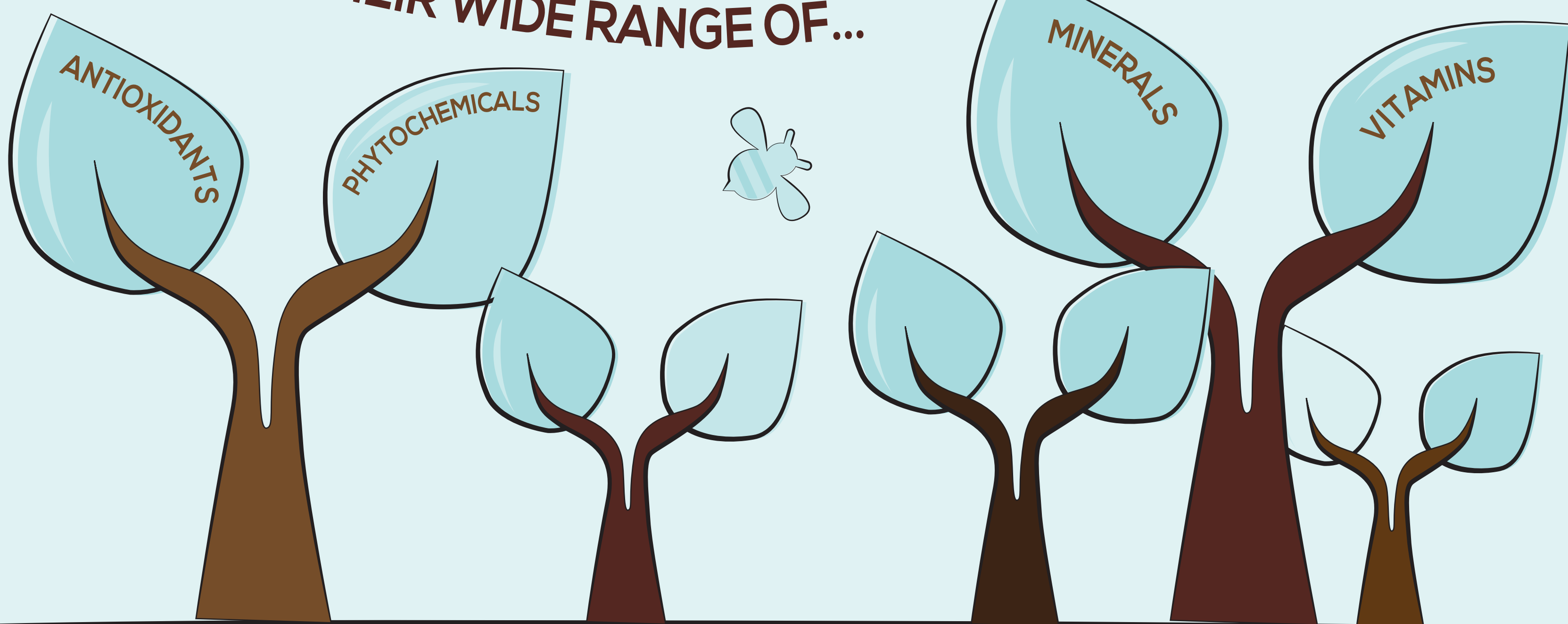
2 BRAZIL NUTS = 100% RDI SELENIUM (70ug)  
A POWERFUL ANTIOXIDANT IMPORTANT FOR HEART HEALTH



MOST BRAZIL NUTS ARE GATHERED FROM WILD TREES IN THE AMAZON. THEY NEED NATIVE BEES FOR POLLINATION



RICH RAINFOREST SOILS BOOST THEIR WIDE RANGE OF...



A DAILY HANDFUL + A HEALTHY DIET

**LOWERS**  
RISK OF HEART DISEASE AND TYPE 2 DIABETES



HELPS WEIGHT MANAGEMENT

