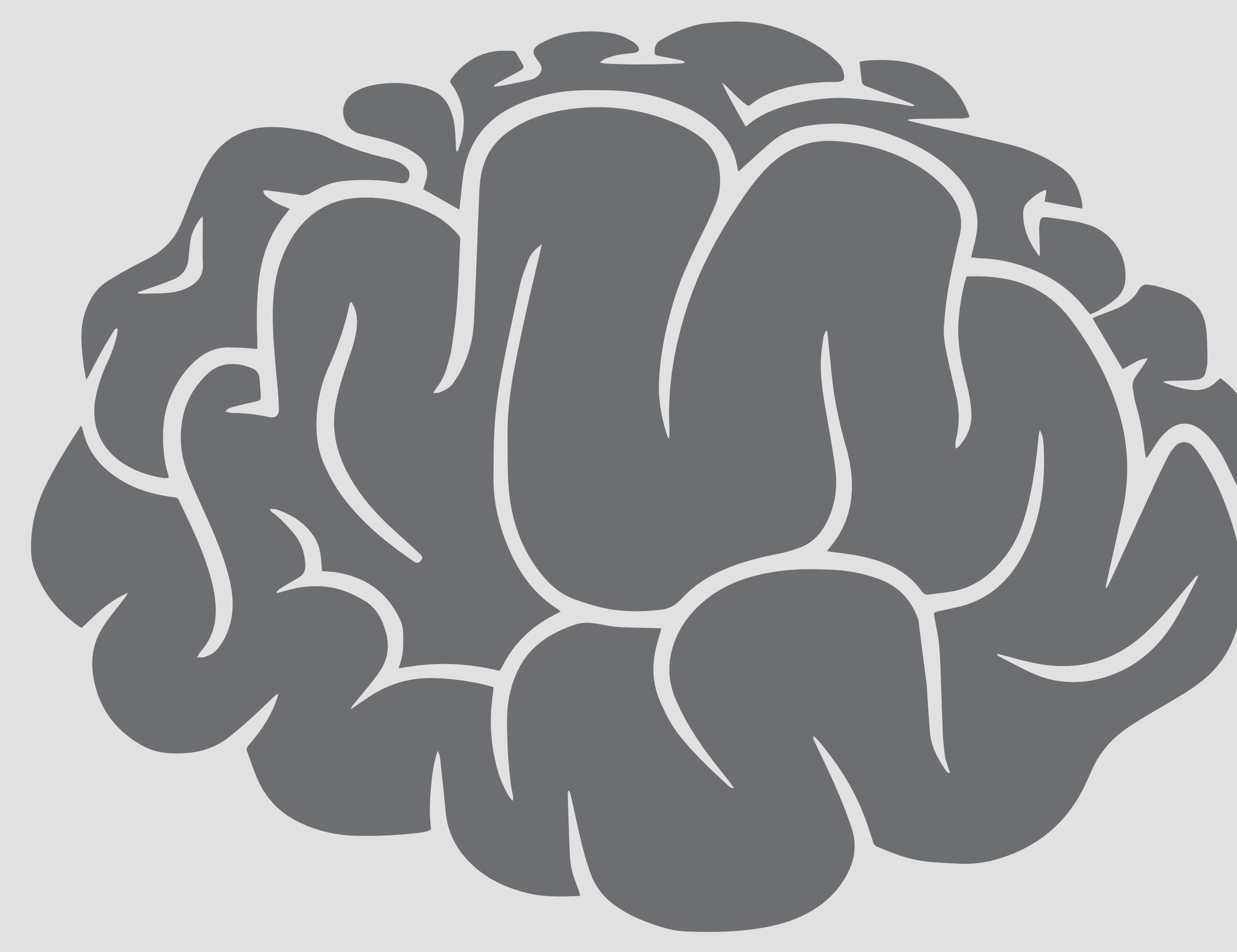


BRAIN FOOD

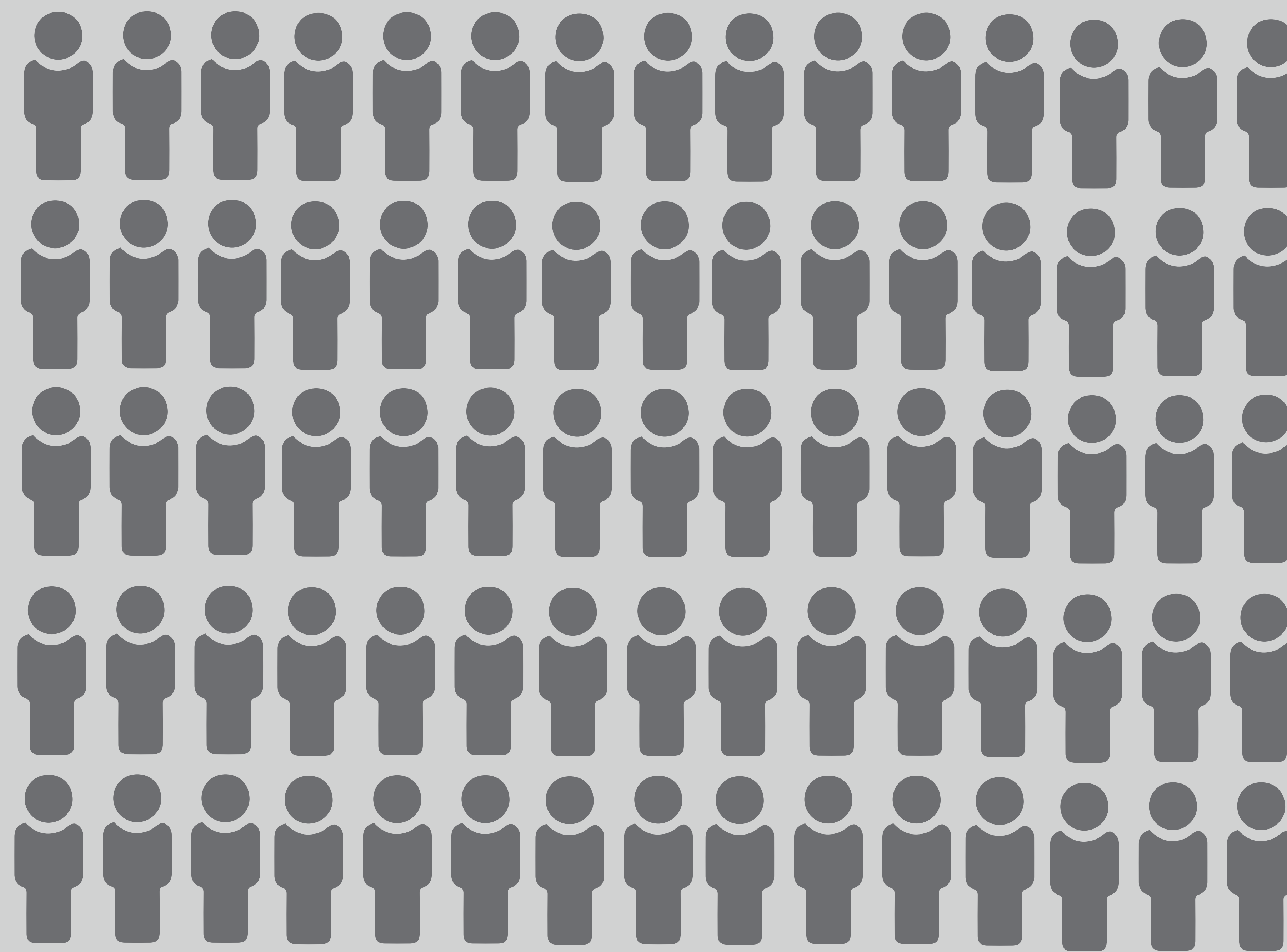


NEW RESEARCH FROM CHINA



REGULAR NUT CONSUMPTION MAY **REDUCE SYMPTOMS OF DEPRESSION**

CROSS-SECTIONAL STUDY OF 13,626 PEOPLE



HEALTHY FATS + ANTIOXIDANT PHYTOCHEMICALS IN NUTS

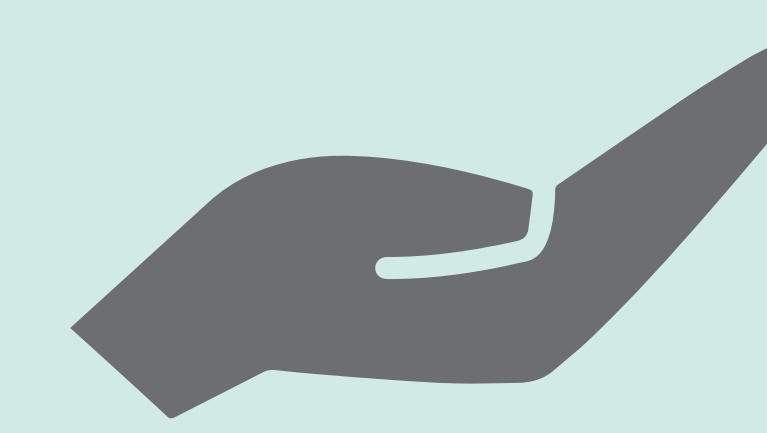


DEPRESSIVE SYMPTOMS

THREE GROUPS

LESS THAN 1/WEEK

1-3  NUTS/WEEK

4+  NUTS/WEEK



NUT EATERS = ABOUT 20% LESS LIKELY TO HAVE SYMPTOMS OF DEPRESSION

ENJOY A 30g HEALTHY HANDFUL TODAY

