

NUTS FOR YOUR NUTS

NEW RESEARCH FROM HARVARD UNIVERSITY



30g OF NUTS, 5x A WEEK LOWERS OVERALL MORTALITY IN PEOPLE WITH PROSTATE CANCER



STUDY STATS:

47,299
MEN

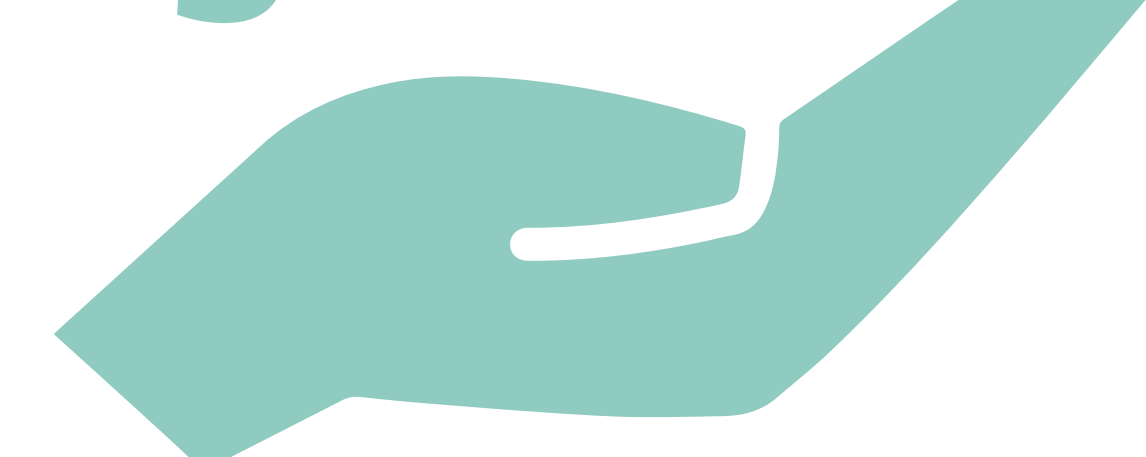
AFTER
26 YEARS

6,810
PROSTATE
CANCER CASES
DIAGNOSED

34%

LOWER RATE
OF OVERALL
MORTALITY WITH

30g NUTS



5x PER
WEEK

RICH IN



FAT

FIBRE

POLYPHENOLS

ANTIOXIDANT &
ANTI-INFLAMMATORY
EFFECTS

WHILE NUTS WERE NOT ASSOCIATED WITH REDUCING PROSTATE CANCER RISK, THEY DID AID IN SURVIVAL.



POSITIVE FOR THE **1 IN 6** AUSTRALIAN MEN WHO WILL BE
DIAGNOSED WITH PROSTATE CANCER BY 85 YEARS

ENJOY A 30g HEALTHY HANDFUL TODAY



References www.nutsforlife.com.au/resources/media-releases

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