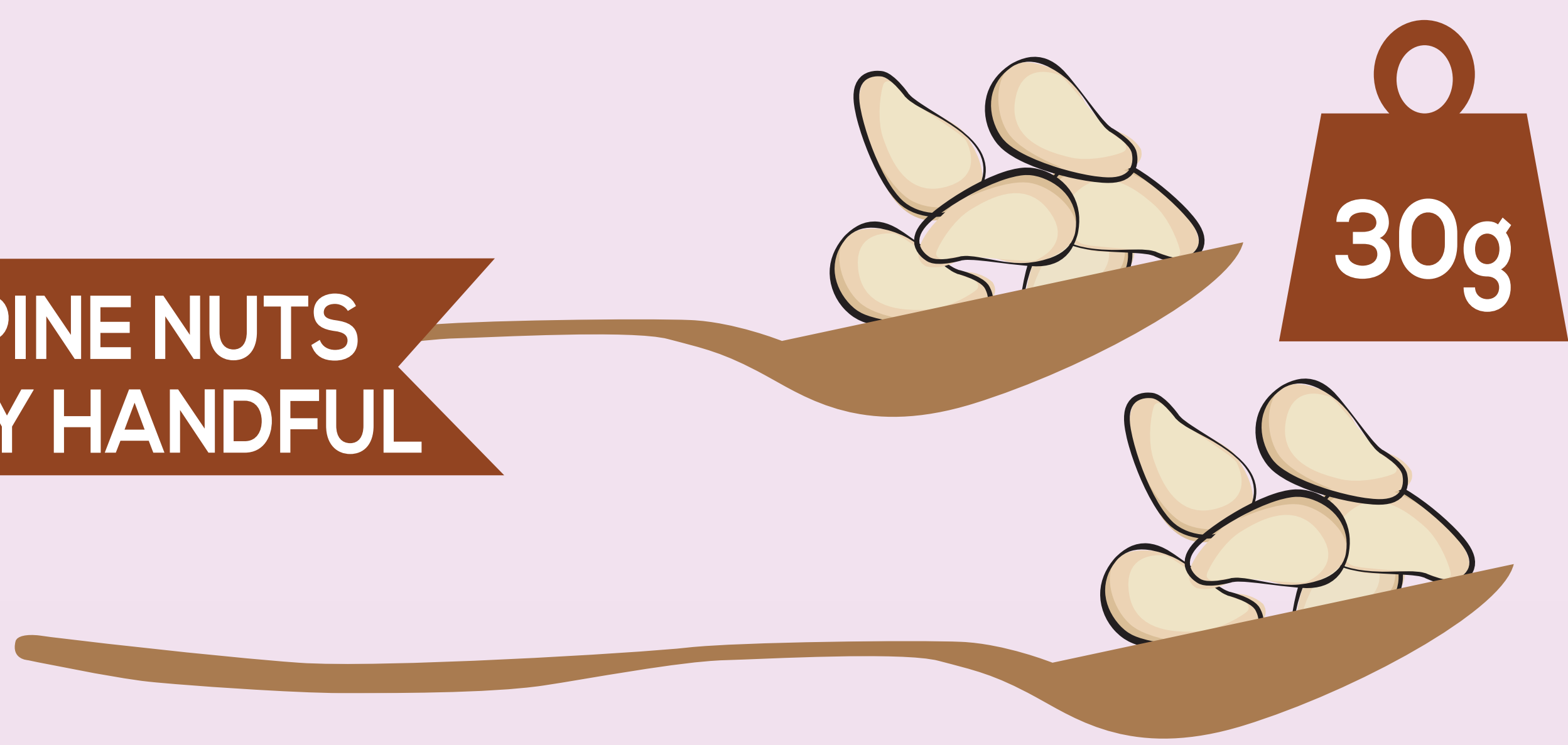


PINE NUTS

2

**TABLESPOONS OF PINE NUTS
MAKE UP A HEALTHY HANDFUL**



N GREAT FOR EGETARIANS

A 30g HANDFUL OF PINE NUTS CONTAINS

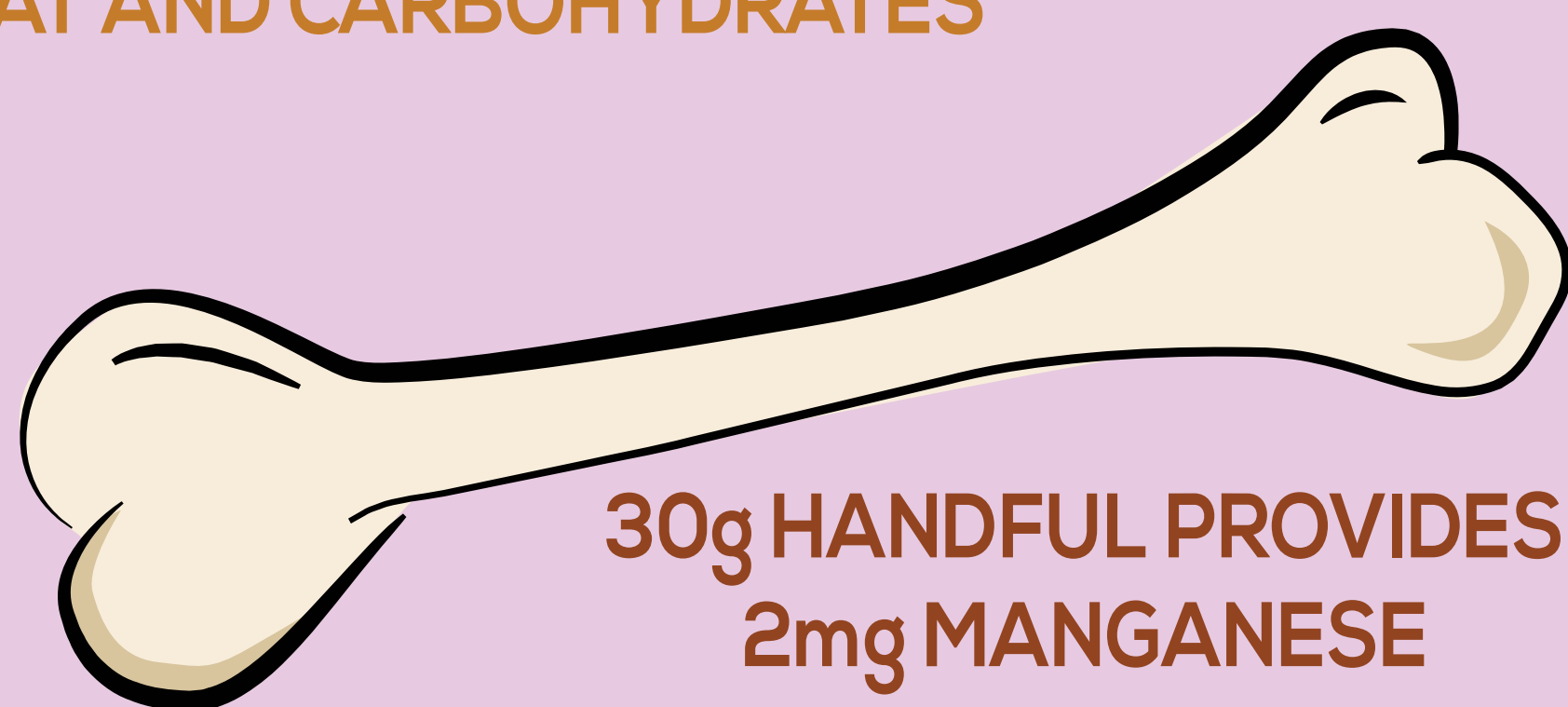


10% OF RDI OF PLANT IRON

AND 10% RDI OF ZINC

EXCELLENT SOURCE

MANGANESE A MINERAL IMPORTANT FOR BUILDING BONES AND DIGESTING PROTEIN, FAT AND CARBOHYDRATES



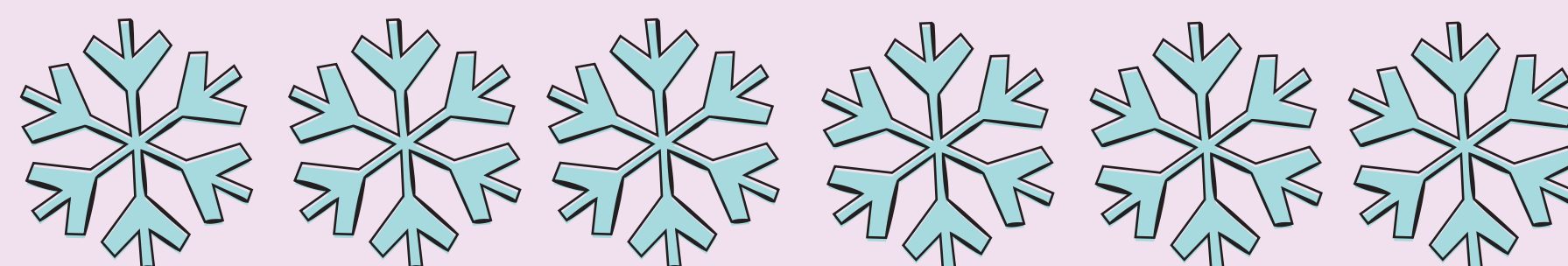
30g HANDFUL PROVIDES
2mg MANGANESE
OR 37% OF THE AI

**KEEP REFRIGERATED
IN AN AIRTIGHT CONTAINER
FOR UP TO**

4
MONTHS



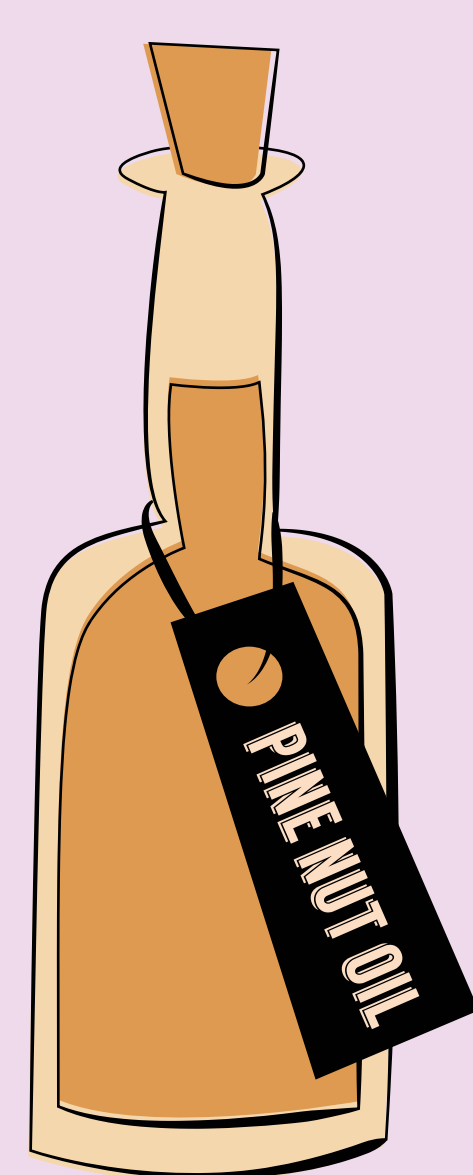
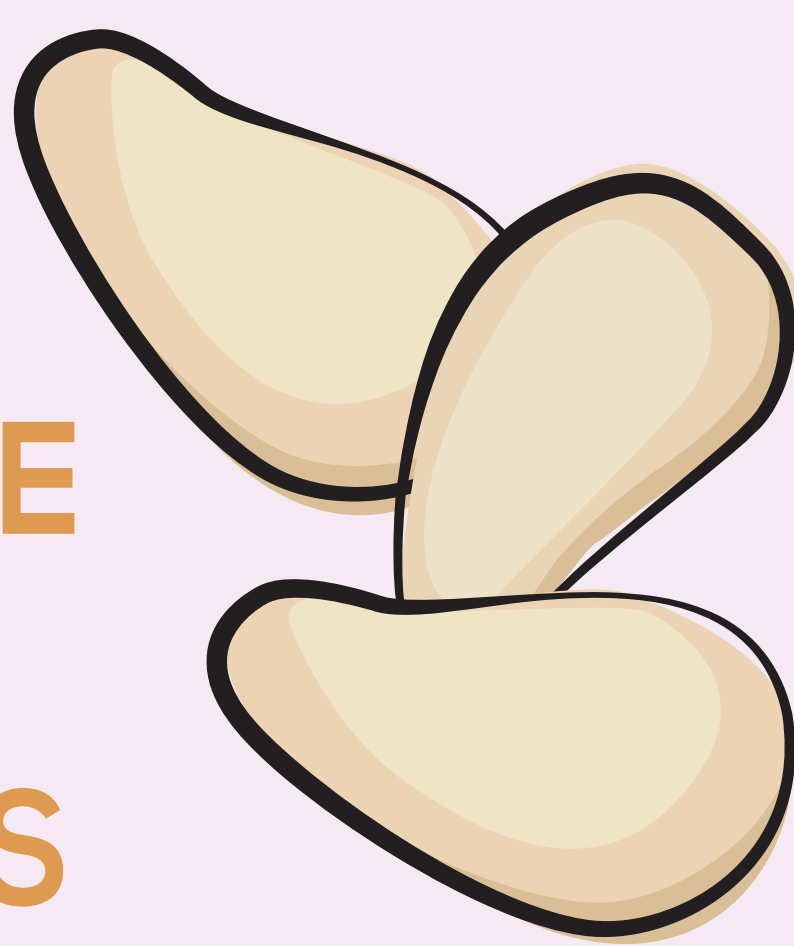
OR IN THE FREEZER FOR



6 MONTHS

PINE NUTS PROVIDE

POTASSIUM
MANGANESE
ZINC VITAMINE
ANTIOXIDANTS
PLANT STEROLS
PLANT PROTEIN NIACIN
HEALTHY FATS PLANT IRON
AND LOW IN SODIUM



PINE NUT OIL INCREASES
APPETITE-REGULATING
HORMONES AND
REDUCES HUNGER
FOR UPTO 4 HOURS
AFTER A MEAL

A DAILY HANDFUL + A HEALTHY DIET



LOWER

RISK OF HEART DISEASE
AND TYPE 2 DIABETES

