

# NEW RESEARCH




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## A HEALTHY HANDFUL OF NUTS A DAY...

REDUCES THE RISK OF PREMATURE DEATH FROM:



CANCER BY  
**15%** 



DIABETES BY  
**39%**

RESPIRATORY  
DISEASE BY **52%** 

REDUCES OVERALL  
**RISK OF**

PREMATURE  
DEATH BY  
**22%**

REDUCES RISK OF

HEART DISEASE BY  
**29%**

ENJOY A 30g HEALTHY HANDFUL TODAY



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