

Research shows eating nuts regularly can improve cognition and boost learning and memory skills.



WALNUTS

Have been shown to protect key brain cells that are important for memory.



GOING NUTS

GOOD FOR BRAIN HEALTH



A daily nut habit may lower the risk of depression.

BRAIN FOOD



Packed with nutrients including vitamin E, B group vitamins, polyunsaturated fats, magnesium, calcium, zinc, iron, manganese, copper, phytonutrients - important for brain health.

GOOD FOR THE BRAIN & BODY

Nuts improve blood flow, reduce cell damage and inflammation, and boost immunity.



Nutrients in nuts help produce the feel-good hormone serotonin.

ENJOY A 30g HEALTHY HANDFUL TODAY

