

**WHOLE-FOOD HEALTH**

# PEANUTS

## POWERFUL PEANUTS

**WHY?**

**PEANUTS ARE A GOOD SOURCE OF FIBER, WHICH HELPS REDUCE INFLAMMATION THROUGHOUT YOUR BODY AND AIDS YOUR DIGESTIVE SYSTEM!**

## HEALTH BENEFITS

- Helps lower cholesterol levels
- Packed with protein
- Helps lower risk of diabetes
- Good source of dietary fiber
- Contains vitamins, minerals & antioxidants

## NUTRITIONALS

- Protein
- Magnesium
- Folate
- Biotin
- Fiber



**ADD TO YOUR SHAKE TODAY!**