

PEANUTS: A BIOACTIVE SUPERFOOD

Peanuts are more than just a tasty snack. These tiny nuts are packed full of bioactive compounds that deliver huge health benefits. From giving athletes a boost of energy to helping older adults ward off chronic diseases, a diet rich in peanuts can help you feel good and stay healthy for the long run.



What Are Bioactives?



Bioactive compounds are nutritional elements found in some foods that deliver benefits beyond typical nutritional support. These compounds can help prevent disease, improve longevity, and deliver positive effects to the digestive, endocrine, cardiovascular, immune, and nervous systems.

6 Bioactive Reasons to Eat More Peanuts

Peanuts are an excellent source of several bioactive compounds that have been proven to deliver a powerful dose of health and wellness.

- 1 Arginine keeps your blood flowing.**
Peanuts have more arginine than any other food, which is great if you want to manage your blood pressure and maximize blood flow. Arginine is an amino acid that has been found to lower blood pressure and keep arteries flexible—even after a high fat meal. Arginine is especially popular among athletes who want to keep blood flowing during aerobic activities, and is even thought to help prevent erectile dysfunction.
- 2 Resveratrol prevents cancer, Alzheimer's, and heart disease.**
Resveratrol is a powerful antibiotic that peanuts and other plants produce to help ward off injury—and it is thought to deliver the same benefits to humans. While clinical studies are still ongoing, this bioactive compound has been shown to:
 - Block the growth of cancer cells
 - Lower bad cholesterol levels, which can help prevent cardiovascular disease
 - Fight plaque build-up in the brain, which could protect against Alzheimer's and related dementia



3 Phytosterols delivers heart health.

Peanuts are also full of phytosterols, another powerful bioactive in the fight against heart disease. Phytosterols block the absorption of cholesterol from your diet, which can lower your risk for cancer and heart disease. One study found that mice fed a diet rich in phytosterols reduced prostate tumor growth by over 40 percent.

4 Phenolic acids may give you younger-looking skin.

Whether you want to prevent acne, avoid wrinkles, or treat burns or other skin damage, eating peanuts can help. Peanuts and their skins are an excellent source of phenolic acids, which studies have shown can help prevent a variety of skin disorders. They also delay signs of aging, and may slow the progression of skin cancer.

5 Flavonoids improve overall health.

If you still aren't convinced that peanuts are a superfood, consider the powerful benefits of flavonoids, which are found in every part of the peanut plant. These bioactives are thought to:

- Reduce inflammation
- Prevent formation of blood clots
- Protect against diabetes, cancer, and neurological disorders

6 An Added Bonus: Biotin—The Beauty Vitamin

Peanuts are also full of biotin, which, while not technically a bioactive, makes your hair thicker and your nails stronger. Biotin is a common ingredient in many hair and skin care products; however, some experts believe it must be ingested—i.e. eaten, such as in the form of a peanut—to be fully beneficial.

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