



Total-body nutritional benefits in a one ounce serving of peanuts.

Think of it as whole-body fuel—peanuts pack plant-based protein and essential nutrients into one small daily serving, helping power your health from head to toe.



One ounce of peanuts contains:

RESVERATROL + P-COUMARIC ACID

Brain Health

ZINC

Immune Support

VITAMIN E + NIACIN

Heart Health

POTASSIUM & ARGININE

Blood Pressure Support

PROTEIN + FIBER

Satiety

FIBER + POLYPHENOLS

Gut Health

PLANT-BASED PROTEIN + HEALTHY FATS

Weight Management

MAGNESIUM + PHOSPHOROUS

Bone Health



A (SUPER) FOOD THAT FIGHTS HEART DISEASE

Peanuts can reduce your chance of developing heart disease, including high blood pressure, high cholesterol, obesity, and diabetes. In fact, a recent study from Australia found consuming lightly salted peanuts 2x/day before meals led to weight loss, lowered blood pressure and improved fasting glucose levels.¹



SMALL LEGUME. BIG BRAIN BENEFITS.

A higher intake of legumes and nuts is linked to better overall cognition.² And eating just 10g of nuts per day is associated with a 40% lower likelihood of poor cognitive function.³

STRESS LESS, REMEMBER MORE.

Daily peanut or peanut butter consumption is associated with improved memory, decreased anxiety, and lower stress.⁴

HEALTHY AGING WITH THE SNACK OF A LIFETIME

Researchers gave older adults who were at risk of falls a daily serving of peanut butter over a 6-month period.

Participants who consumed peanut butter showed significant improvements in the 5-Times Sit-to-Stand (5STS) test and in lower-body muscle power. (5STS scores help predict fall risk by measuring balance and strength.)⁵

HELPING GUT HEALTH FLOURISH WITH FIBER

Peanuts are a "good source" of fiber, with nearly 3g in every ounce! Besides healthy digestion and feeling full, fiber is also associated with reduced risk for heart disease, diabetes, and some cancers.⁶ But currently, 95% of adults don't get enough fiber in their diets.⁷

Sources:

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