MACADAMIAS

A HEALTHY HANDFUL
15 MACADAMIAS

1-2 HANDBULS OF MACADAMIAS A DAY REDUCES LDL “BAD” CHOLESTEROL AND INCREASE “GOOD” HDL CHOLESTEROL

EXCELLENT SOURCE
THIAMIN - AKA VITAMIN B1
VITAL FOR TURNING FOOD INTO ENERGY

A HANDFUL (30g) PROVIDES 30% RDI

RICH IN MANGANESE
A 30g HANDFUL CONTAINS 25% RDI FOR MANGANESE

A MINERAL ESSENTIAL FOR BONE GROWTH AND THE BREAKDOWN OF CARBOHYDRATE, CHOLESTEROL AND AMINO ACIDS

REDUCE OXIDATIVE STRESS
OXIDATION DAMAGES CELLS AND IS A KEY FACTOR IN AGING AND CHRONIC DISEASES

NO.1 NUT SOURCE
OF MONOUNSATURATED FATS

MACADAMIAS PROVIDE
HEALTHY FATS FIBRE
THIAMINE PLANT STEROLS
MANGANESE MAGNESIUM
POTASSIUM ANTIOXIDANTS
AND ARE LOW IN SODIUM

A DAILY HANDFUL + A HEALTHY DIET
LOWER RISK OF HEART DISEASE
AND TYPE 2 DIABETES

www.nutsforlife.com.au

FOR REFERENCES WWW.NUTSFORLIFE.COM.AU/RESOURCES/FACT-SHEETS