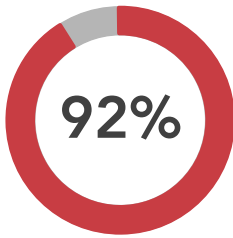


HEALTH BENEFITS OF PILI NUTS



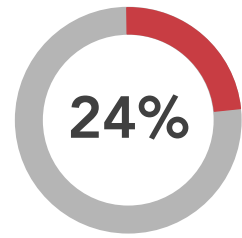
IN EVERY OUNCE (28G)



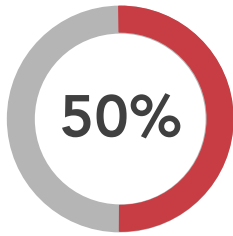
more **magnesium** than walnuts, and 13% more than almonds. Pili nuts contain the highest level of magnesium of any nut.



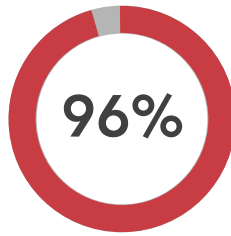
less **carbohydrates** than pistachios, and 550% less than almonds.



more **complete protein source** (contains all 8 essential amino acids) than almonds or walnuts.



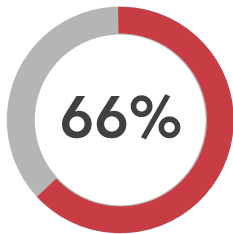
more **manganese** than pistachios, and 20% more than cashew nuts.



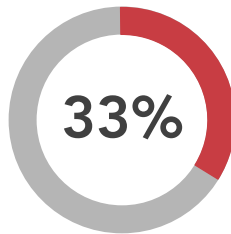
more heart-healthy and LDL-cholesterol lowering **monounsaturated fats**, than pine nuts.



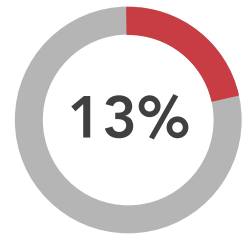
more **Vitamin B1** than almonds, and 280% more than walnuts.



more **phosphorus** than walnuts, and 18% more than almonds.



more **zinc** than pistachios, and 14% more than hazelnuts.



of daily requirements for **copper**.

