On the outside, a peanut may look pretty plain and simple. But don’t judge one by its shell. Peanuts contain a treasure trove of nutrients and bioactive compounds that can deliver important health benefits.

**WHAT ARE BIOACTIVES, ANYWAY?**

Bioactive compounds are types of chemicals found in some foods. These compounds can deliver positive effects to the digestive, endocrine, cardiovascular, immune and nervous systems.

**5 BIOACTIVE COMPOUNDS FOUND IN PEANUTS**

Each one of these gems delivers a powerful dose of wellness to your body.

1. **ARGININE**
   - Strengthens your immune system
   - Helps lower blood pressure
   - Keeps arteries flexible

   *FUN FACT* Peanuts have more arginine than any other nut.

2. **RESVERATROL**
   - Blocks the growth of cancer cells
   - Reduces the risk of developing heart disease
   - Decreases inflammation

   *FUN FACT* Plants produce resveratrol to help ward off injury to themselves.
5 BIOACTIVE REASONS TO EAT MORE PEANUTS

**PHYTOSTEROLS**
- Phytosterols block the absorption of cholesterol from your diet.
- May reduce the growth of certain cancers.
- Decrease your risk for heart disease and stroke.

**POLYPHENOLS**
- Exhibit antioxidant functions.
- May protect against oxidative damage.
- Phenolic acids may give you younger-looking skin.

**FLAVONOIDS**
- Reduce inflammation.
- Protect against diabetes, cancer, and neurological disorders.
- Prevent formation of blood clots.
- Flavonoids are found in every part of the peanut plant.

**References**
- “Prevention and Treatment of High Cholesterol (Hyperlipidemia).” American Heart Association. www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Prevention-and-Treatment-of-High-Cholesterol-Hyperlipidemia_UCM_001215_Article.jsp#WtI_12rwbRY.