

5 BIOACTIVE REASONS TO EAT MORE PEANUTS



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?

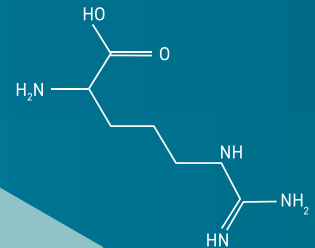
Bioactive compounds are types of chemicals found in some foods. These compounds can deliver positive effects to the digestive, endocrine, cardiovascular, immune and nervous systems.

5 BIOACTIVE COMPOUNDS FOUND IN PEANUTS

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

1

ARGININE



FUN FACT

Peanuts have more arginine than any other nut.



Strengthens your immune system



Helps lower blood pressure



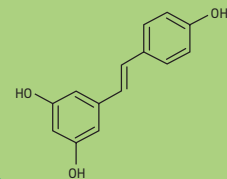
Keeps arteries flexible

2

RESVERATROL



Blocks the growth of cancer cells



FUN FACT

Plants produce resveratrol to help ward off injury to themselves.



Reduces the risk of developing heart disease



Decreases inflammation

PHYTOSTEROLS

3

FUN FACT

Phytosterols block the absorption of cholesterol from your diet.



May reduce the growth of certain cancers



Decrease your risk for heart disease and stroke

4

POLYPHENOLS



Exhibit antioxidant functions

FUN FACT

Phenolic acids may give you younger-looking skin.



May protect against oxidative damage

5

FLAVONOIDS



Reduce inflammation



Protect against diabetes, cancer, and neurological disorders



Prevent formation of blood clots

FUN FACT

Flavonoids are found in every part of the peanut plant.

References

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