



STAY HEALTHY  BE NATURAL

INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

## Almonds

Almonds boast incredible beneficial properties, thanks to the fact that they contain "**good**" **fats, proteins, vitamins** and **minerals**. This is why regular consumption can help you stay healthy.

When we eat almonds, we are introducing precious allies of our well-being into our body, in particular **Vitamin E, A and B vitamins (B1, B2, B3, B5 and B6)**, as well as **Lutein, Beta carotene, Magnesium, Calcium, Iron, Potassium, Copper, Zinc, Phosphorus, Manganese** and **Unsaturated fatty acids** in abundance.

The particular composition of almonds, naturally rich in "**good**" **fats**, ensures that they have a positive action on the entire cardiovascular system since they regulate blood cholesterol levels and prevent the formation of plaques in the blood vessels, preventing stroke and heart attack. By providing potassium they are also able to help regulate blood pressure.

The content of mineral salts strengthens bones, teeth, nails and hair, counteracting osteoporosis thanks to the calcium that almonds bring and revealing itself to be an elixir of beauty as well as health, making teeth and nails stronger, as well as hair brighter and healthier. Pure almond oil is an extraordinary ally of beauty, in fact it is widely used in cosmetics to nourish the skin, to prevent the onset of unsightly stretch marks and to make the hair shiny and thick.

Almonds have antioxidant effects thanks to the presence of **Vitamin E** capable of counteracting harmful free radicals, protecting the body from cellular aging, to the benefit of the immune system. They also appear to have anti-inflammatory abilities.

The iron contained in almonds makes them a food able to counteract anemia, while the contribution of fiber helps intestinal motility, counteracting constipation.

The high energy intake and the presence of proteins make almonds particularly suitable for the nutrition of sportsmen and those who need vigor and energy because they are weakened or in need of an energizing charge. The caloric content has as a counterpart the fact that you should not overdo it by taking an excessive number of almonds: 15 grams per day allow you to benefit from all their virtues without negatively affecting the balance.