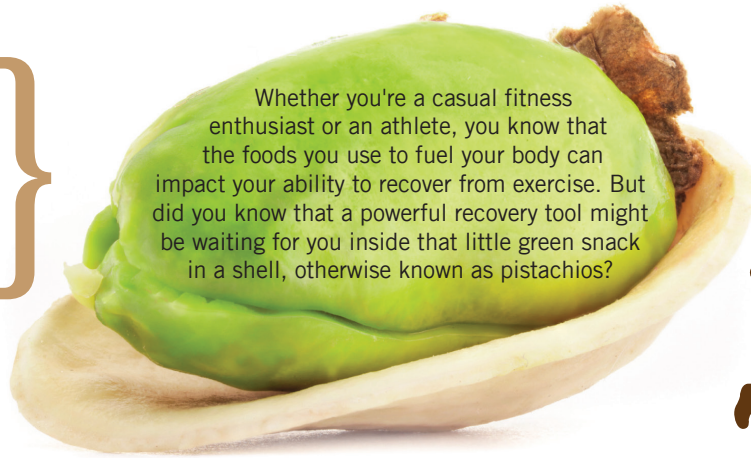


A M E R I C A N PISTACHIOS



Post-exercise and everyday snacking tips for fitness enthusiasts and athletes



Whether you're a casual fitness enthusiast or an athlete, you know that the foods you use to fuel your body can impact your ability to recover from exercise. But did you know that a powerful recovery tool might be waiting for you inside that little green snack in a shell, otherwise known as pistachios?



PISTACHIOS' POWER NUTRIENTS

The ideal post-exercise snack is one that is tasty, portable, satisfies your hunger, and supplies your body with energy and the important nutrients it needs to refuel. Pistachios are a powerhouse of important vitamins, minerals and nutrients to help support active lifestyles.

The perfect snack for active lifestyles.



Magnesium
supports healthy nerve function

Complete Protein
helps build muscle

Fiber
Helps promote healthy digestion

Copper
helps keep skin healthy

Phosphorus
helps support bone health

Lutein
helps protect eyes from sun damage

Potassium
helps muscle function

Iron
helps supply your body with oxygen

B vitamins
helps convert food to fuel

Manganese
supports formation of connective tissue