AMERICAN PISTACHIO GROWERS

THE ANTIOXIDANT POWER OF PISTACHIOS

Pistachios have a high antioxidant capacity that rivals that of popular antioxidant-containing foods[1].

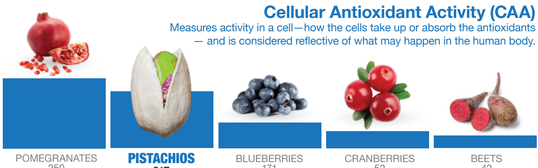
ANTIOXIDANT ACTIVITY OF COMMON FOODS[2,3]

Oxygen Radical Absorbance Capacity (ORAC)

Measures the ability of a food to quench free radicals in a lab setting.

Cellular Antioxidant Activity (CAA)

Measures activity in a cell—how the cells take up or absorb the antioxidants — and is considered reflective of what may happen in the human body.



[1] Yuan W, Zheng B, Li T, Liu RH. Quantification of Phytochemicals, Cellular Antioxidant Activities and Antiproliferative Activities of Raw and Roasted American Pistachios (*Pistacia vera L.*). *Nutrients*. 2022; 14(15):3002. https://doi.org/10.3390/nu14153002

[2] Wolfe KL, et al. Cellular Antioxidant Activity (CAA) Assay for Assessing Antioxidants, Foods, and Dietary Supplements. *Journal of Agriculture and Food Chemistry*. 2007; 55, 8896–8907.

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ANTIOXIDANTS

Can protect from free radical damage by preventing the oxidation of cells. Free radical damage occurs from normal life processes (eating, breathing, exercising, environmental toxins).

HOW TO BOOST YOUR ANTIOXIDANT INTAKE AT EVERY MEAL!

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[6] Luo J, Si H, Jia Z, Liu D. "Dietary Anti-Aging Polyphenols and Potential Mechanisms." *Antioxidants* (Basel). (2021, Feb 13): DOI: 10.3390/antiox10020283. PMID: 33668470; PMCID: PMC7918214.

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