

# Real & Honest



## ALMOND BUTTER



### NUTRITION AND HEALTH CLAIMS \*



#### Body Growth, Muscles, Bones & Joints

- Protein contributes to the growth and maintenance of muscle mass
- Protein, Manganese, Magnesium, Phosphorus and Zinc contribute to the maintenance of normal bones
- Niacin and Riboflavin contribute to the maintenance of normal mucous membranes
- Folate, Magnesium and Zinc has a role in the process of cell division
- Folate contributes to maternal tissue growth during pregnancy
- Potassium contributes to normal muscle function
- Manganese contributes to the normal formation of connective tissue
- Magnesium contributes to normal muscle function
- Iron has a role in the process of cell division
- Phosphorus contributes to normal function of cell membranes
- Copper contributes to maintenance of normal connective tissues



#### Brain & Nervous System, Cognitive & Psychological Functions

- Niacin, Riboflavin, Potassium, Magnesium and Copper contribute to normal functioning of the nervous system
- Niacin, Folate and Magnesium contribute to normal psychological function
- Riboflavin contributes to the normal metabolism of Iron
- Iron and Zinc contribute to normal cognitive function



#### Energy, Stimulation, Metabolism, Digestion

- Niacin, Riboflavin, Pantothenic acid, Folate, Iron and Magnesium contribute to the reduction of tiredness and fatigue
- Niacin, Riboflavin, Manganese, Magnesium, Iron, Phosphorus and Copper contribute to normal energy-yielding metabolism
- Folate contributes to normal amino acid synthesis and to normal homocysteine metabolism
- Magnesium and Zinc contribute to normal Protein synthesis
- Magnesium contributes to electrolyte balance
- Iron contributes to normal oxygen transport in the body
- Zinc contributes to normal acid-base metabolism, to normal metabolism of Vitamin A, fatty acids, macronutrient metabolism and carbohydrate metabolism



#### Beauty, Skin, Hair, Teeth, Nails

- Niacin, Riboflavin and Zinc contribute to the maintenance of normal skin
- Magnesium and Phosphorus contribute to the maintenance of normal teeth
- Copper contributes to normal skin and hair pigmentation
- Zinc contributes to the maintenance of normal hair and nails



#### Vision

- Riboflavin and Zinc contribute to the maintenance of normal vision



#### Blood, Heart, Circulatory System

- Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels. MUFA and PUFA, Oleic Acid and Linolenic acid are unsaturated fats. The beneficial effect is obtained with a daily intake of 10 g of Linolenic acid.
- Reducing consumption of Sodium contributes to the maintenance of normal blood pressure
- Riboflavin contributes to the maintenance of normal red blood cells
- Folate contributes to normal blood formation
- Potassium contributes to the maintenance of normal blood pressure
- Iron contributes to normal formation of red blood cells and haemoglobin
- Copper contributes to normal Iron transport in the body



#### Immune System & Body's Defense

- Riboflavin, Copper, Zinc and Manganese contribute to the protection of cells from oxidative stress
- Folate, Iron, Copper and Zinc contribute to the normal function of the immune system



#### Hormones & Reproductive Function

- Zinc contributes to normal fertility and reproduction
- Zinc contributes to the maintenance of normal testosterone levels in the blood and to normal DNA synthesis

\* Nutrition and Health Claims mentioned, comply with the requirements of the EC Regulations 1924/2006 and 432/2012, in relation to a balanced diet and a healthy lifestyle.