

# PEANUT & COCONUT

*certified organic pure-state spread*

sugar, dairy, gluten & cholesterol free  
no added oil, salt, sugar or any chemical nasties

Looking for a deliciously healthier peanut butter option? Mayvers Organic Peanut & Coconut Spread has all the yummy taste of traditional Peanut Butter mixed up with super-powered organic coconut without all the nasty bits! No need to worry about extra weight-gain... it's sugar-free and contains many of the 'good' fats essential to a healthy balanced diet.

Deliciously savoury with a hint of sweet, we simply blend and bottle pure organic desiccated coconut flesh ground with pure organic peanuts which have been lightly roasted and semi-coarsely ground giving it a texture half way between smooth and crunchy.

Mayver's Peanut & Coconut spread is 100% gluten, dairy and cholesterol free plus there's no added oil, salt, sugar, hardened fats or any chemical nasties — it simply is just nature's goodness bottled in a jar.

Delicious straight up (we eat ours with a spoon), spread on a wholegrain crispbread, or mixed into a smoothie or baked goodies — it's just like an island holiday in your mouth!

## So, what does research show us?

### Helps you lose weight...it's true!

Did you know eating nuts lowers the risk of weight gain? Though they often get a bad rap for being fattening, a recent study published in a medical journal Obesity found frequent nut consumption was associated with a reduced risk of weight gain. Although coconuts are high in saturated fats, most of these are shorter chain saturated fats that do not raise cholesterol and seem to be used more readily by the body as fuel compared to other fats. Peanuts and coconut truly are a delicious fat-busting duo guaranteed to help you feel great.



### Boosts your brain power

Peanuts are packed with many important B-complex groups of vitamins and folates. A couple of handfuls of peanuts gives you almost all of your recommended daily intake of niacin, which promotes blood flow to the brain, increased memory capacity and overall healthy brain function. Coconut's plentiful levels of potassium helps keep your brain ticking by allowing greater oxygen flow, leading to increased neural activity and cognitive function. Potassium also helps maintain relaxed blood vessels conducive to unrestricted flow, and therefore lesser risk of stroke.

### Balance your Blood Sugar Levels

Adding our peanut and coconut spread to your bread or crispbread, helps to slow the absorption of the carbohydrates present in the meal. This is due to the protein, fibre and healthy fat present — all of which slow down digestion. This in turn helps you to control your blood sugar levels, manage your appetite and feel fuller for longer. In effect you lower the GI of your meal, simply by adding our super spread!

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## Soothes the soul with a natural high

Peanuts are good sources of tryptophan, an essential amino acid important for the production of serotonin, one of the key brain chemicals involved in mood regulation. Lesser amounts of serotonin are released from the nerve cells in the brain when a person is depressed. A diet rich in tryptophan helps ensure serotonin levels stay high, leading you feeling relaxed, calm and happy.

## Kids Health

High in the folate, peanuts play a helpful role in growing healthy babies with reduced risk of serious neural tube defects. Coconut also improves the quality of breast milk, so babies have a better chance of building healthy little bodies. If you're worried about allergies, the most recent research shows that avoiding peanuts and other potential allergens during pregnancy is not a good idea. In fact including these foods during pregnancy and once solids have been introduced is recommended. Our Organic Peanut and Coconut Spread is a great choice for mum's with healthy newborns or babies-in-the-making!

## The hard facts

- Peanuts contain B-Complex vitamins such as riboflavin, niacin, thiamin and pantothenic acid.
- The fats in coconut include lauric acid, capric acid and caprylic acid, thought to contribute to coconut's antioxidant, antifungal, antibacterial and antimicrobial properties.
- Roasted peanuts are as rich in antioxidants as blackberries and strawberries.
- Both peanuts and coconut provide potassium, required for the regular contraction and relaxation of muscles and maintaining healthy blood pressure.
- Peanuts are high in resveratrol, an antioxidant found to have protective functions against cancers, heart disease, degenerative nerve disease and Alzheimer's Disease.

## Want to know more?

<http://news.ufl.edu/2004/12/21/peanutoxidants/>

<http://www.sciencedirect.com/science/article/pii/S0308814604003280>

<http://www.nutrition-and-you.com/peanuts.html>

<http://www.ncbi.nlm.nih.gov/pubmed/12672709>

<http://www.noahlaith.com/benefits-of-coconut/>

[http://www.naturalnews.com/040903\\_coconut\\_oil\\_healthy\\_fats\\_oils.html#ixzz2eTOiidJK](http://www.naturalnews.com/040903_coconut_oil_healthy_fats_oils.html#ixzz2eTOiidJK)

<http://www.organicfacts.net/health-benefits/minerals/health-benefits-of-potassium.html>