

# PEANUT & CACAO

*certified organic pure-state spread*

sugar, dairy, gluten & cholesterol free

no added oil, salt, sugar or any chemical nasties

Looking for a healthier peanut butter option? Mayvers Organic Peanut & Cacao Pure-State Spread has all the yummy taste of our Organic Peanut Spreads with the extra antioxidant boost of organic Cacao.

More peanut than chocolate, this sugar-free super spread is delicious with a teaspoon of honey (especially in a smoothie), straight up for those who love the bite of 90% dark chocolate — or mixed into a sauce and other baked goodies. *(For a natural, sugar-free choccie fix which you can eat straight from the jar try our sugar-free Hazelnut & Cacao spread).*



## So, what does research show us?

### 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. Cacao contains high levels of essential feel-good chemicals anandamide and phenylethylamine. Each element plays a role in inducing feelings of elation, relaxation and happiness

### Reduces your risk of cancer

Phytosterol — a molecule that helps lower cholesterol — are found in high concentrations in many legumes, including peanuts. Phytosterols not only protects against cardiovascular disease by lowering cholesterol, they also protect against cancer by inhibiting tumor growth. A recent study also found dark chocolate, with its high concentration of cacao, helped reduce the risk of colon cancer by negating stress caused by free radicals in the digestive system.

### Helps you prevent type 2 diabetes

Type 2 diabetes is often caused by obesity and sedentary living... therefore you shouldn't eat nuts and chocolate right? No! In a small Italian study, participants who ate a small bar of cacao-rich dark chocolate once a day for 15 days saw their potential for insulin resistance drop by nearly half. Some substances found in cacao have also been found to help reduce appetite, therefore lowering the dangerous risks of obesity. Peanuts are also a useful ally for those trying to reduce their diabetes risk through weight control. A 28-month Spain study found participants who ate nuts at least twice per week were 31% less likely to gain weight than participants who never or almost never ate nuts. Good news!

### Kids health

Our Organic Peanut & Cacao delivers your kids a safe, brain-boosting dose of important B-Complex vitamins such as riboflavin, niacin, thiamin, pantothenic acid and vitamin B-6. Cacao's brilliant mood-enhancing, stress-lowering properties will also help your kids feel happy, calm and focused throughout the day. Try mixing it up smoothie-style with a teaspoon of honey, baking it into a delicious museli slice or sprinkling a handful of goji berries and coconut flakes on a rye crisp-bread.

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## Good for your skin

Peanuts are an excellent source of vitamin E (a-tocopherol a powerful lipid soluble antioxidant) helping to protect the skin from harmful oxygen free radicals.

## Good for your brain health and memory power

Peanuts are packed with many important B-complex groups of vitamins such as riboflavin, niacin, thiamin, pantothenic acid, vitamin B-6, and folates. 100 g of peanuts provide about 85% of RDI of niacin, which contribute to brain health and blood flow to the brain. Do you know what can be found in peanuts that gave them the "brain food" tag? This is due to their vitamin B3 or niacin content whose many health benefits include normal brain functioning and boosting memory power.

## Helps promote fertility (folate)

Peanuts contain a good amount of folate. Repeated studies have shown that women who had a daily intake of 400 micrograms of folic acid before and during early pregnancy reduced their risk of having a baby born with a serious neural tube defect by up to 70%.

## Aids in blood sugar regulation (manganese)

One fourth cup of peanuts can supply the body with 35% of the DV of manganese, a mineral which plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation.

## Helps prevent gallstones

It may come as a surprise that peanuts can help prevent gallstones. But 20 years of studies have shown that eating 1 ounce of nuts, peanuts or peanut butter a week lowers the risk of developing gallstones by 25%.

## Helps fight depression (tryptophan)

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. When depression occurs, a decreased amount of serotonin may be released from the nerve cells in the brain. Tryptophan may raise serotonin's antidepressant effects when there is an increased amount of serotonin in the blood.

## Helps lower cholesterol levels (copper)

Peanuts contain more than 30 essential vitamins and minerals and are especially rich in mono-unsaturated fatty acids like oleic acids (good fat found in olive oil) that help to lower LDL or "bad cholesterol" and increase HDL or "good cholesterol".

## Lowers risk of heart disease

Numerous studies have shown that regular consumption of nuts is linked to reduced risk of heart disease. Peanuts are rich in heart-friendly monounsaturated fats and antioxidants such as oleic acid. Reach for a handful of peanuts and other nuts at least four times a week to reduce your risk of cardiovascular and coronary heart disease.

## Protects against age-related cognitive decline

Study participants have shown that those who have an intake of the most niacin-rich foods like peanuts were 70% less likely to have developed Alzheimer's disease. A quarter cup a day of peanuts can already supply almost a quarter of the daily needed value for niacin.

## Cancer prevention

A form of phytosterol called beta-sitosterol (SIT) is found in high concentrations in some plant oils, seeds, and legumes including peanuts. Phytosterols not only protects against cardiovascular disease by interfering with the absorption of cholesterol, they also protect against cancer by inhibiting tumor growth.

## Further reading

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

Matte R, et al. "Peanut Consumption Improves Indices of Cardiovascular Disease Risk in Healthy Adults" *Journal of American College of Nutrition* April 2003.

<https://news.uns.purdue.edu/html4ever/030731.Mattes.peanuts.html>

<http://www.peanut-institute.org/health-and-nutrition/references-and-publications/>

Delmas D, et al. "Resveratrol, a chemopreventive agent, disrupts the cell cycle control of human SW480 colorectal tumor cells." *Int J Mol Med* 2002; 10(2): 193-199

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## The hard facts

- The cacao bean is also rich in magnesium, an energy mineral and vital electrolyte.
- One-fourth of a cup of peanuts can supply the body with 35% of the DV of manganese, a mineral that plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation.
- Cacao is also high in sulfur, which helps form strong nails and hair.
- Peanuts are an excellent source of vitamin E (a-tocopherol: a powerful lipid soluble antioxidant) helping to protect the skin from harmful oxygen free radicals.
- Cacao is considered a 'super-antioxidant' because it has the highest ORAC score (a measure of antioxidant amounts) of all foods.
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- One fourth cup of peanuts can supply the body with 35% of the DV of manganese, a mineral which plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation.
- 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. When depression occurs, a decreased amount of serotonin may be released from the nerve cells in the brain. Tryptophan may raise serotonin's antidepressant effects when there is an increased amount of serotonin in the blood.

## Want to know more?

[http://www.naturalnews.com/034883\\_cocoa\\_dark\\_chocolate\\_colon\\_cancer.html](http://www.naturalnews.com/034883_cocoa_dark_chocolate_colon_cancer.html)

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

[http://www.naturalnews.com/034883\\_cocoa\\_dark\\_chocolate\\_colon\\_cancer.html](http://www.naturalnews.com/034883_cocoa_dark_chocolate_colon_cancer.html)

<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://pubs.acs.org/doi/abs/10.1021/jf990737b>

<http://www.nationalpeanutboard.org/nutrition-nutrition.php>

Matte R, et al. "Peanut Consumption Improves Indices of Cardiovascular Disease Risk in Healthy Adults" *Journal of American College of Nutrition* April 2003.

<https://news.uns.purdue.edu/html4ever/030731.Mattes.peanuts.html>

<http://www.peanut-institute.org/health-and-nutrition/references-and-publications/>