



PISTACHIOS SUPPORT THE IMMUNE SYSTEM

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The immune system is the first line of defense against infections. A healthy immune system aids in the healing process and shortens recovery time. Pistachios provide vital nutrients required by the immune system to function properly.

THE NUT FACTOR

Nuts, like pistachios, provide the body with vital vitamins, minerals, antioxidants and phytochemicals (active compounds found in plants) to support the immune system.



PISTACHIO NUTRIENTS SUPPORT THE BODY'S DEFENSES

B-VITAMINS (B1, B6 AND FOLATE)

Necessary to fight off infection

ZINC, MAGNESIUM, AND SELENIUM

May lower the risk and severity of viral infections

PROTEIN

Strengthens the immune system by maintaining healthy immune cells which are responsible for eliminating damaged cells, bacteria and viruses

GAMMA-TOCOPHEROL (ANTIOXIDANT)

For faster recovery and may help lower airway inflammation

COPPER

Helps produce antibodies to maintain the immune system

POLYPHENOLS AND CAROTENOIDS (LUTEIN AND ZEAXANTHIN)

Increase the activity of some immune cells and may lower inflammation and boost the body's antioxidant defense mechanism

PREBIOTICS: FIBER AND MORE!

Food for beneficial probiotics in the GI tract which protects the body from infection and regulates the mucosal immune system. Research shows pistachios possess prebiotic properties and help increase beneficial probiotic bacteria¹

¹<https://www.ncbi.nlm.nih.gov/pubmed/24642201>

