

FUEL YOUR DAY



THE AUSSIE ALMOND WAY

For one handful of almonds, you'll get:

KYLE CHALMERS

Olympian & Australian Almonds Ambassador



RIBOFLAVIN (VITAMIN B2)

For long-lasting energy and metabolism
0.02 mg per serve – 2% of the RDI

VITAMIN E

For cell protection and glowing skin
79 mg per serve – 94% of the RDI

PHOSPHORUS

For energy production and strong bones
158 mg per serve – 16% of the RDI

CALCIUM

For stronger bones and teeth
80 mg per serve – 8% of the RDI

MAGNESIUM

For muscle recovery and mood balance
80 mg per serve – 19% of the RDI

PROTEIN

For muscle repair and satiety
6 g per serve – 9% of the RDI

IRON

For oxygen transport and energy metabolism
1 mg per serve – 13% of the RDI

MONOUNSATURATED FAT

For a healthy heart and balanced cholesterol
9 g per serve

POTASSIUM

For blood pressure regulation and muscle contraction
239 mg per serve – 6.3% of the RDI

DIETARY FIBRE

For gut health and blood sugar balance
3.5 g per serve – 11% of the RDI

*Serve = 30g

*RDI = recommended daily intake, based on male 19-50 years.