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Walnuts the oldest tree food, heart healthy antioxidants, virility, 99% of cultivated walnuts come from Cali

Brazil nuts trees live for hundreds of years in the rain forest, one Brazil nut satisfies your selenium requirement for the day, great source of vitamin E too

Almonds low calorie nut from the peach & apricot family, great source of polyphenols (like green tea) & B vitamins

Hazelnuts AKA Filberts, varieties come from the world over, rich source of folate, fiber, vitamins & minerals

Pecans a favorite of the first Americans, loaded w/ multiple antioxidants beneficial for cardiovascular health & more

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