

Peanut Butter

| DAILY NUTRITION |

1. Steadfast Peanut Butter is made from roasted peanuts without any added sugar, salt, hydrogenated oil or preservatives.
2. Each 30g serving sachet of peanut butter comes with the goodness of healthy fats, proteins and carbohydrates.
3. Steadfast Peanut Butter is easy to carry anywhere anytime as it comes in a single serve sachet which makes it convenient and hygienic to use.
4. Enriched with real honey for delicious honey flavour.
5. Peanut butter contains micronutrients like vitamin B3, vitamin B5, vitamin B6, folate, iron, potassium, zinc, selenium, copper, manganese, and magnesium.
6. **Antioxidant Rich** - Peanut butter contains an antioxidant called resveratrol, which has been shown to fight free radicals, reduce the risk of heart diseases, cancer and promote heart health.
7. **Heart Friendly** - Rich in heart-friendly fats like MUFA and PUFA which has been proved to benefit heart functioning.
8. **Prevents Gall stones formation** - Peanut butter is a source of good fats and helps to prevent the formation of gallstones by keeping a check on the triglyceride levels.
9. **Promotes Weight Loss** - Its high-protein and dietary fibre content provides fullness, keeps us satiated for long and hence beneficial during weight loss.
10. **Preserve Bone Health** - Iron, magnesium, and calcium content of Peanut Butter work together in keeping our bones healthy and preserve bone mineralization.
11. **Keto-friendly** - Peanut butter is high in fat and comparatively low in carbs.

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12. **Excellent Energy Source** - Peanut Butter is an excellent source of energy. Whenever you feel low on energy levels or need something quick and handy to make you feel energetic prior to your exercise or training session, simply indulge on a sachet of Peanut Butter to get that instant kick.
13. **Reduces Diabetes Risk** - Diabetics can also make use of Peanut Butter for managing their blood glucose levels.
14. **Boost Immunity** - Smooth Honey Peanut Butter comes with the anti-bacterial power due to the presence of honey in it. Presence of antioxidants and flavonoids in honey provides an additional support to our immune system. Thus, it promotes immune health as well.
15. It is a good source of protein especially for vegetarians.
16. Steadfast Peanut Butter is a daily essential for all. It can be used by weight watchers, active people, Strength athletes, endurance athletes and fitness enthusiasts.
17. Safe for kids, adults and elderly.
18. Peanut Butter can be consumed at anytime during the day. Use it as mid-morning or evening snack, in a pre workout meal or post workout shake.
19. To enjoy peanut butter, just knead it and spread on bread, smoothie, fresh fruit or squeeze and consume just like that.

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7g

Carbohydrates

8.8g

Proteins

12.7g

Good Fats

**No
Added**

**Hydrogenated Oil
& Preservatives**



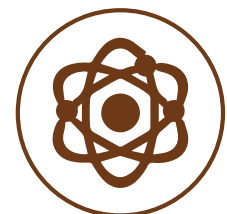
**Boosts Heart
Health**

Keto

**Keto
Friendly**



**Goodness
of Honey**



Rich in Antioxidants