

# *Peanut Butter*

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## CRUNCHY

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### *Peanut Butter* KEY POINTERS

1. ***Steadfast Peanut Butter*** Honey Crunchy is pure roasted peanut paste and crunchy coarse peanut and is free of added sugar, salt, hydrogenated oil, or preservatives.
2. Each 30 g serving of ***Peanut Butter*** Honey Crunchy comes with the goodness of healthy fats, proteins and carbohydrates. It's enriched with honey, which gives it a delicious flavour.
3. ***Peanut Butter*** Honey Crunchy is rich in macro micronutrients and micronutrients, including vitamins B1, B3, B5, B6, folate, iron, potassium, zinc, selenium, copper, manganese, and magnesium.
4. ***Peanut Butter*** Honey Crunchy contains antioxidant resveratrol, which fights free radicals, reducing the risk of heart disease and cancer, delays signs of ageing, including wrinkles, fine lines and dark spots.
5. ***Peanut Butter*** Honey Crunchy in the heart-friendly fats: monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA), which boost heart health.
6. Folate, Niacin and Vitamin B1 in Peanut Butter Honey Crunchy boost brain health. Niacin and Vitamin B1 may also prevent age-related cognitive impairment and Alzheimer's disease.
7. ***Peanut Butter*** is a source of good fats and helps prevent the formation of gallstones by reducing triglyceride levels.
8. Polyphenols and resveratrol, abundant in Peanut Butter Honey Crunchy, are called mood foods that help treat cognitive and mental illnesses.

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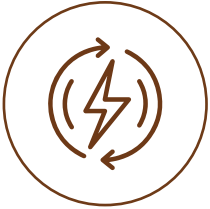
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### *Peanut Butter* KEY POINTERS

9. Iron, magnesium, and calcium in Peanut Butter Honey Crunchy keeps bones healthy and preserves bone mineralisation.
10. *Peanut Butter* Honey Crunchy is high in protein and dietary fibre, which provides satiety, helping in weight loss.
11. *Peanut Butter* Honey Crunchy contains zinc and vitamin E, which improve eye health.
12. *Peanut Butter* Honey Crunchy is keto-friendly, being high in good fat and relatively low in carbohydrates.
13. *Peanut Butter* Honey Crunchy is an excellent energy source- take a sachet whenever you feel low on energy or need to boost energy for your exercise or training session.
14. People with diabetes can take Peanut Butter Honey Crunchy to manage blood glucose levels.
15. *Peanut Butter* Honey Crunchy is a daily essential: weight watchers, active people, strength and endurance athletes, and fitness enthusiasts can take it.

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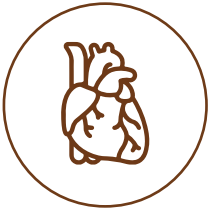
## CRUNCHY



**Boosts  
Energy Levels**



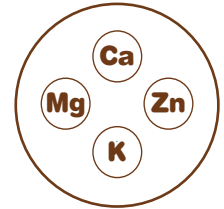
**Good Source of  
Antioxidants**



**Supports Heart  
Health**



**Hydrogenated Oil  
& Preservatives**



**Rich in  
Nutrients**



**Benefits of  
Honey**



**Keto  
Friendly**



**Twist of  
Crunchiness**