



## Key characteristics

- \* 100% Organic; all ingredients are certified organic by the Soil Association
- \* Fairtrade certified
- \* A combination of high and low Glycemic Index (GI) ingredients
- \* High in antioxidants which help protect cells from damage
- \* Anti-inflammatory benefits
- \* Walnuts and apricots provide essential fatty acids and provide health benefits including cardiovascular protection and cognitive function enhancement

Hunza Nut is an excellent source of fuel for training; Hunza nut also tastes great containing generous amounts of walnuts and apricots. The walnuts contain high omega 3 fatty acids; these acids further support the body's immune system, nerve function and provide support for cell walls, all of which are negatively affected by extensive sports training. The apricots contain potassium which is a natural pain desensitizer and helps promote faster healing of cuts, bruises and other injuries.



**Hunza Nut** ...FairTrade, Organic apricot & walnut

Ingredients	Content %	GI index	GI rated	Nutrition
Unsulphured Apricots	31.5%	31	Low	Apricots contain protein and fiber and are high in the carbohydrates essential for supplying energy. Contains potassium which helps regulate water balance and is a natural pain desensitizer, helping to control headaches, migraines and promoting faster healing of cuts, bruises and other injuries. Potassium is also essential for cardiovascular and nerve functioning, regulating transfer of nutrients into cells and facilitating muscle energy. Lastly, potassium aids nerve synapses to maintain or restore membranes and metabolic processes.
Rice Syrup	27%	100	High	Rice syrup is a high GI and high calorie energy source.
Oatmeal	19.8%	55	Low	Oatmeal contains iron, calcium, Vitamin A, protein, fiber and almost no fat. High in B vitamins which are essential for energy release and heart health promoting folate which lowers homocysteine levels.
Walnut Pieces	6.6%	15	Low	Walnuts are an excellent source of omega-3 essential fatty acids which provide health benefits including cardiovascular protection, better cognitive function, and anti-inflammatory benefits. They also help support the immune system.
Puffed Rice	5.5%	78	High	A rich source of carbohydrates and a good source of insoluble fiber. Rice is low in fat, and high in B vitamins.
Standard Oats	4.5%	58	Medium	Oats contain certain antioxidants which are present only in oats that help prevent free radical damage to LDL cholesterol, thus helping reduce the risk of cardiovascular disease. High in manganese which helps lower cholesterol by removing cholesterol from the digestive system.
Soy Flour	2.7%	25	Low	High in protein. High in amino acids. Contains protective phytochemicals such as phytoestrogens and isoflavones.
Puffed Quinoa	1.4%	50	Low	High in protein. Includes all nine essential amino acids. Rich in lysine, essential for muscle growth and repair.
Shelled Hempseed	1%	10	Low	Shelled hempseed is 40% more nutritious than whole hempseed. It contains nutrients that help moderate blood sugar level. High in essential fatty acids, essential amino acids and fiber. Contains lecithin which assists in the breakdown of fats and enhances liver metabolism and enzyme production.