




Eat Fat
GET THIN

The Surprising Truth about the Fat We Eat -
The Key to Sustained Weight Loss
and Vibrant Health

- DR MARK HYMAN -

Eat Fat Peanuts

Your PEANUTS with SUGAR !?

⚠ CAUTION ⚠

EAT SUGAR !! GET FAT !!!



**NO ADDED
SUGAR**

NO SALT

**CRUNCHY &
GOOD FATS**

**PERFECT AS
A SNACK & GIFT**

**CONVENIENCE
PACKAGING**

Why You Should EAT PEANUTS 60g Per Day?

29 GRAMS OF HEALTHY FAT
fire up your fat - burning rate

16 GRAMS OF PROTEIN

6 ESSENTIAL NUTRIENTS

♥ HEART HEALTHY

Health Benefits Of PEANUT

Good Source
of Niacin

Reduce the Risk of
Type 2 Diabetes

Healthy
Heart

Rich in
Protein

Energy
Booster

Anti - Oxidant
Source

Healthy Fat

Weight Loss



FAT FOR FUEL



A Revolutionary Diet to Combat Cancer,
Boost Brain Power, and Increase Your Energy

DR. JOSEPH MERCOLA

New York Times best-selling author of EFFORTLESS HEALING



MS 1500
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