



Vitamins & Minerals

An average serve of peanuts is 25g. Did you know that 25g of peanuts provides:

Peanuts and Folate

Peanuts contain *34% of the **RDA of Folate, a crucial vitamin in the early stages of pregnancy and for new cell development.

Peanuts and Vitamin E

Peanuts contain *23% of the RDA of Vitamin E, a vital antioxidant which protects Vitamin A and the body's cells and tissues from damage, and supports the immune system and may aid in prevention of tumours.

Peanuts and Niacin

Peanuts contain *18% of the RDA of Niacin, a vitamin essential in the release of energy, the maintenance of healthy skin, the nervous system and digestive tract.

Peanuts and Thiamin

Peanuts contain *12% of the RDA of Thiamin or B1, the vitamin needed for the nervous system, appetite, digestive system and normal brain metabolism.

Peanuts and B6

The vitamin responsible for making red blood cells and breaking down proteins in the body, Peanuts deliver *5% of the RDA of B6.

Peanuts and Riboflavin (B2)

Peanuts contain *2% of the RDA of Riboflavin, which releases energy and is essential for normal growth and tissue maintenance.

Peanuts and Copper

Peanuts contain *15% of the RDA of the mineral Copper, which is important in the formation of hemoglobin, bones, blood vessels and nerves.

Peanuts and Phosphorous

Peanuts contain *13% per serve of the RDA of Phosphorous, a component of all soft tissue fundamental to growth, maintenance and repair of bones and teeth.

Peanuts and Magnesium

Peanuts contain *13% of the RDA of Magnesium, a crucial mineral in building bones and teeth, transmitting nerve impulses and maintaining body temperatures.

Peanuts and Iron

Peanuts contain *13% of the RDA of Iron, crucial in the transport and distribution of oxygen.

Peanuts and Potassium

Peanuts contain *6% of the RDA of Potassium, a mineral which ensures water balance in the body and aids in protein creation.

Peanuts and Zinc

Peanuts contain *6% of the RDA of Zinc, needed for blood formation, taste perception, wound healing, night vision and general growth.

Peanuts and Calcium

Peanuts contain *3% of the RDA of Calcium, needed for the development of bones and teeth.

* per 25g serve ** recommended daily allowance

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