



*Cashews:* High in copper which is involved manufacturing the body's major structural protein, collagen.

*Almonds:* Quintessential heart-healthy nut with noted cholesterol-lowering abilities.

*Pistachios:* Rich in potassium for muscle health and B6 which aids metabolism.

*Goji Berries:* One of the richest sources of antioxidants which protects against cell damage and the aging process.