

# NUTS

## Nuts : Nutrition Powerhouse

### Cashews

The cashew seed is commonly eaten on its own, used in recipes, or processed into cashew cheese or cashew butter. They've been linked to benefits like weight loss, improved blood sugar control, and a healthier heart.

### Almonds

Almonds contain antioxidants, vitamins, minerals, protein, and fiber, and so they may offer a number of health benefits. People can eat almonds raw or toasted as a snack or add them to sweet or savory dishes.

### Hazelnuts

Hazelnuts are rich in nutrients and have a high content of protein, fats, vitamins and minerals. It has a sweet flavor, make a tasty snack and a great addition to many dishes.

### Pistachios

Pistachios are a type of tree nut with numerous health benefits including fats, protein, fiber, and antioxidants. What's more, they contain several essential nutrients and can aid weight loss and heart and gut health.

### Walnuts

Walnuts are the only nut significantly high in omega-3 ALA. Omega-3s are essential fatty acids critical to various body processes. They may enhance heart and bone health and help in weight management, among other benefits.

### Pecans

Pecans are a type of tree nut native to North America. They're a common ingredient in appetizers, desserts, and main dishes alike. This nutrient-dense nut boasts multiple vitamins, minerals and bio active compounds.

## Specifications

Nuts are a very popular snack that provide key proteins, nutrients, and healthy fats to your daily diet. They can also promote a healthy heart. Above all they are tasty, convenient, and extremely loved across the world as snacks.

- Free Setup / Art / Logos
- Bleeds Allowed on All Sides
- Temper Proof Seal
- Elegant Wide Mouth, Easy Access Glass Jar with Metal Lid
- Fresh Packed upon Receipt of Order in USA

### Material

**Package :** Bulk, Glass Jar, Custom Gloss Label

**Gift Box (option) :** 111# Gloss Cover

### Printing

**Digital :** Full Color Printing on the Label

### Die Cutting

No Charge for Standard Shape

**Custom Shape,** add \$150.00 (G) each shape

### Option

**Artwork Change :** \$67.00 (G) each



DIGITAL

6C

ITEM NO		96	240	480	960	2400	4800
U4461	Cashews	15.00	13.59	13.12	12.88	12.74	12.69
U4462	Almonds	14.00	12.59	12.12	11.88	11.74	11.69
U4463	Hazelnuts	16.00	14.59	14.12	13.88	13.74	13.69
U4464	Pistachios	14.00	12.59	12.12	11.88	11.74	11.69
U4465	Walnuts	13.00	11.59	11.12	10.88	10.74	10.69
U4466	Pecans	15.00	13.59	13.12	12.88	12.74	12.69
U3436G	Gift Box (option)	5.07	3.50	2.94	2.24	1.65	1.31



### U3436G

Gift Box (option)

2 3/8" x 2 3/8" x 2 7/8" (Gift Box)

with full-color custom graphics

### U4461~4466

7 3/4" x 1 1/2" (Side Label)

2 1/4" x 2 5/8" (Glass Jar)

Various Net Wt.

