



# Enrich your LOVE LIFE with PISTACHIOS

HEART HEALTH, WEIGHT MANAGEMENT, IMPROVED SEXUAL FUNCTION  
AND A SENSUAL HISTORY MAKE PISTACHIOS 'THE LOVE NUT'

Nuts for a better  
sex life?

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STUDY



Pistachios tout many health benefits, along with their senses-pleasing culinary uses and status as a delightful snack, but these well-loved nuts might now be able to add improved sexual function to the list of qualifications for being called **The LOVE NUT!**

A recent clinical study conducted by Dr. M. Altamira at the Atatürk Teaching and Research Hospital in Ankara, Turkey, indicated that **pistachios have been shown to improve erectile function in men with erectile dysfunction (ED)**. This emerging research adds to the list of other health benefits attributed to pistachios, including heart and blood vessel health, weight management and blood sugar control.

A tree nut with a unique flavor, color and scent, pistachios are packed with nutrients essential for a healthy sex life, including B vitamins and vitamin E. A one-ounce serving of pistachios is 49 nuts—more per serving than any other snack nut, plus they have more antioxidant power per 100 grams than blueberries, blackberries, garlic and pomegranate juice. **(Download the full press release below.)**



Thomas Hopkins, M.D.

## Meet our Experts



**THOMAS HOPKINS,**  
M.D.



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BIOGRAPHY



**CATHY KAPICA, PH.D., R.D.**

Adjunct Professor of Nutrition, Tufts University and Global Director of Health & Wellness, Ketchum



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BIOGRAPHY

## Recipes

- ARUGULA, PICKLED STRAWBERRIES, CANDIED PISTACHIOS, AND CRUMBLLED BLUE CHEESE SALAD
- PISTACHIO DUSTED SALMON WITH LIGHT HONEY GLAZE
- GLUTEN-FREE, LOW FAT PISTACHIO PASTA

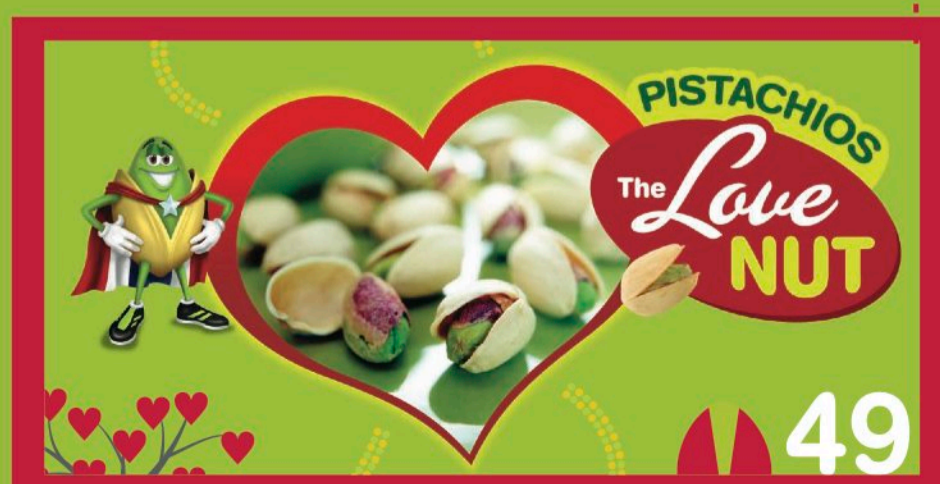
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## Photo Gallery



## The Love Nut Infographic

WANT TO KNOW MORE ABOUT THE LOVE NUT? CHECK OUT OUR INFOGRAPHIC!



## Press Materials

### FACT SHEETS

- HEART HEALTH
- WEIGHT MANAGEMENT

### PRESS RELEASE

- ENRICH YOUR LOVE LIFE WITH PISTACHIOS

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