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 8 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.)**

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**Meet our Experts**

**THOMAS HOPKINS, M.D.**

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

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

WATCH  BIOGRAPHY

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**Recipes**

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

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**Photo Gallery**

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**The Love Nut Infographic**

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

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**Press Materials**

**FACT SHEETS**

- HEART HEALTH
- WEIGHT MANAGEMENT

**PRESS RELEASE**

- ENRICH YOUR LOVE LIFE WITH PISTACHIOS

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