

## RAW & WILD activated Pili Nuts

### Our Vision

Raw & Wild is passionate about healthy, balanced and meaningful living. We aspire to raise awareness about the medicinal qualities of food, share our knowledge and offer an alternative way of eating and preparing foods.

### Our Products

Here at Raw & Wild we offer one of the most nutritionally packed and appetising nuts on the planet. We pre-sprout and dehydrate our pili nuts to preserve all the vital enzymes, minerals and nutrients. The activation process breaks down complex starch, neutralises the phytic acid found in all nuts and seeds and ignites the 'life force' of the nut.

### Get to know the Pili Nut

Our pili fruits are hand harvested from the Bicol region of the Philippines. Magical pili trees grow here in volcanic soil nourished by organic minerals and abundant rainfall. The pili tree is known as the 'stress-loving tree'.

The strong and resilient pili tree, growing on land hit by strong winds and heavy rainfall bears more fruit after every typhoon. These trees are truly extreme by nature!

Much like a coconut the pili nut shells are left to dry in the sun before being shelled.

## vitamin benefits

### vitamin E

- ★ Repairs Damaged Skin
- ★ Thickens Hair
- ★ Balances Cholesterol
- ★ Fights Free Radicals
- ★ Balances Hormones
- ★ Improves Vision

### magnesium

- ★ Bone Health
- ★ Heart Health
- ★ Muscle Health
- ★ Relieves Anxiety
- ★ Immune Health
- ★ Better Sleep

### manganese

- ★ Thyroid Health
- ★ Bone Health
- ★ Removes Free Radicals
- ★ Anti-Inflammatory
- ★ Controls Sugar Levels
- ★ Vitamin Absorption

### thiamine/ vitamin B1

- ★ Maintains Metabolism
- ★ Mental Clarity
- ★ Improves Memory
- ★ Boosts Immunity
- ★ Aids in Digestion
- ★ Positive Mood

### phosphorus

- ★ Kidney Health
- ★ Bone Formation
- ★ Protein Formation
- ★ Cell Repair
- ★ Balances Hormones
- ★ Brain Function

### Copper

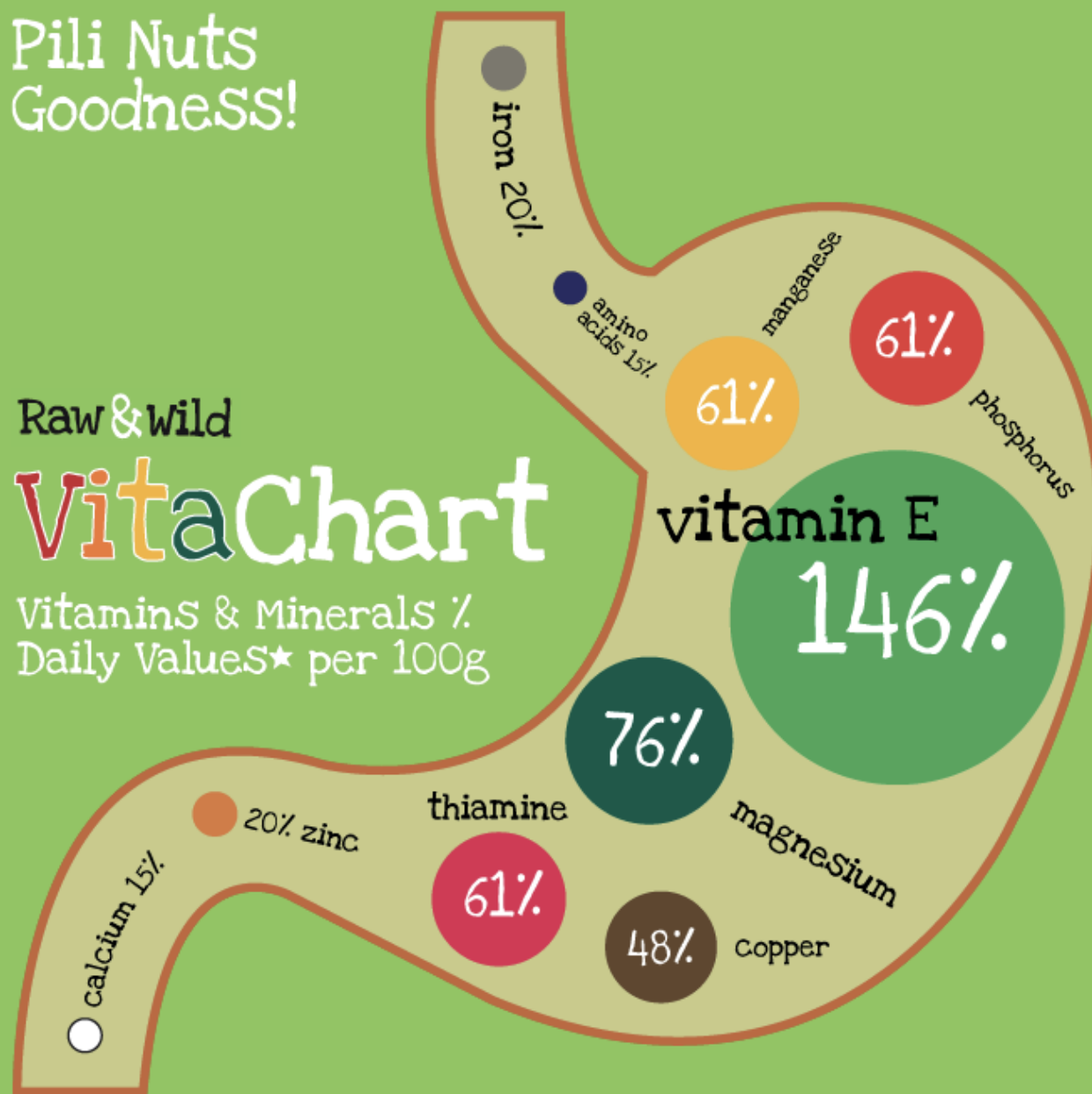
- ★ Anti-Inflammatory
- ★ Skin Health
- ★ Aids Iron Absorption
- ★ Good Circulation
- ★ Increases Energy
- ★ Antibacterial

Pili Nuts  
Goodness!

Raw & wild

# VitaChart

Vitamins & Minerals %  
Daily Values\* per 100g



\* % Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need.