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[Care](#)

[Books](#)

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[Digestive Support](#)

[Dr. Balch Formulas](#)

[Empty Gel Caps](#)

[Essential Fatty Acids](#)

[Fiber](#)

[Green Foods](#)

[Heart Support](#)

[Herbal Teas](#)

[Herbs](#)

[Joint Products](#)

[Men's Health](#)

[Minerals](#)

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[Flax, Grain and](#)

[Rice](#)

[Flours & Extracts](#)

[Gelatin](#)

[Milk Products](#)

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[Organic & Non-GE](#)

[Products](#)

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Almonds Raw, Unblanched - 1 lb.



Our roasted, salted Almonds are a healthy and tasty treat. As the king of the nut family and the only non-acid forming nut, these delicious roasted & salted California almonds can be enjoyed anytime, anywhere! With more dietary fiber and calcium than any other nut, they're also an excellent source of vitamin E and unsaturated fatty acids.

From the [FDA's](#) website: "Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as Almonds, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease".

PRODUCT #: 7005

UPC: 733739070050

SRP: \$4.49

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Nutrition Info

Servings Per Container: 12

	Amount Per Serving	% Daily Value
Calories	160	
Calories from fat	130	
Total fat	14 g	22%
Saturated Fat	1 g	5%
Cholesterol	0 g	0%
Sodium	5 mg	0%
Total Carbohydrate	5 g	2%
Dietary Fiber	3 g	12%
Sugars	0 g	
Protein	6 g	
Vitamin A		0%
Vitamin C		0%
Calcium		8%
Iron		6%
Vitamin E		70%
Magnesium		20%

* Percent Daily Values are based on 2,000 calorie diet.

† Daily Value not established.

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[New Products](#)

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Serving Size: 3 Tbsp(38g)

Servings per container: 12

Other Ingredients: Raw Almonds

Warnings: None

Disclaimers: None

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