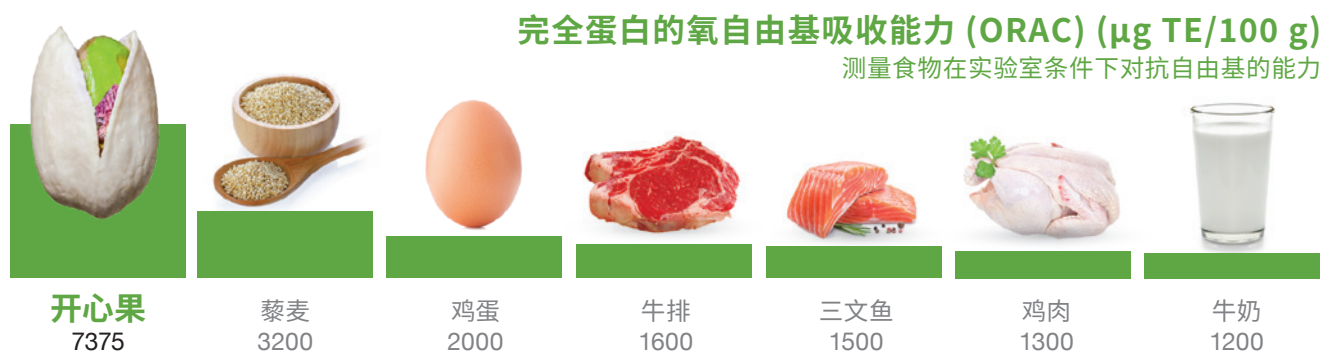
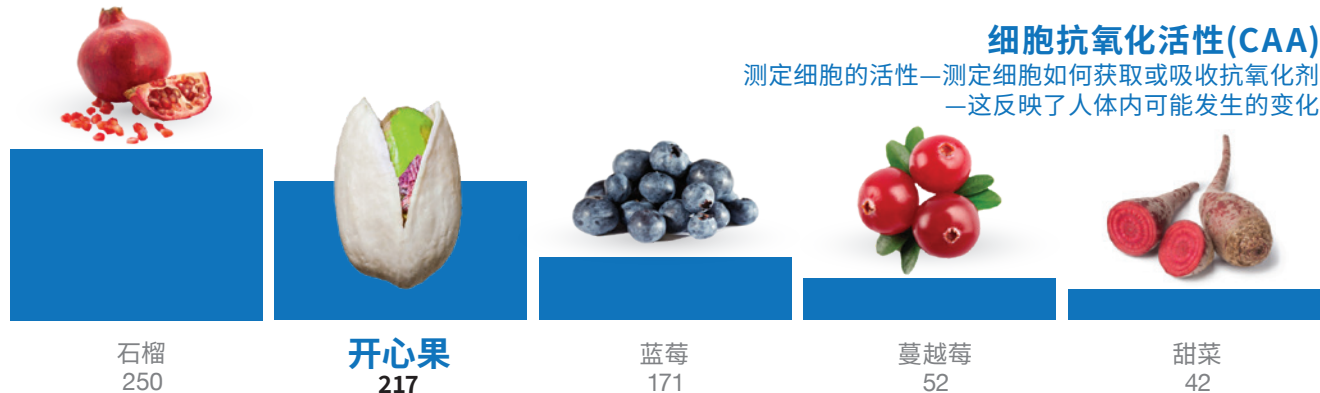
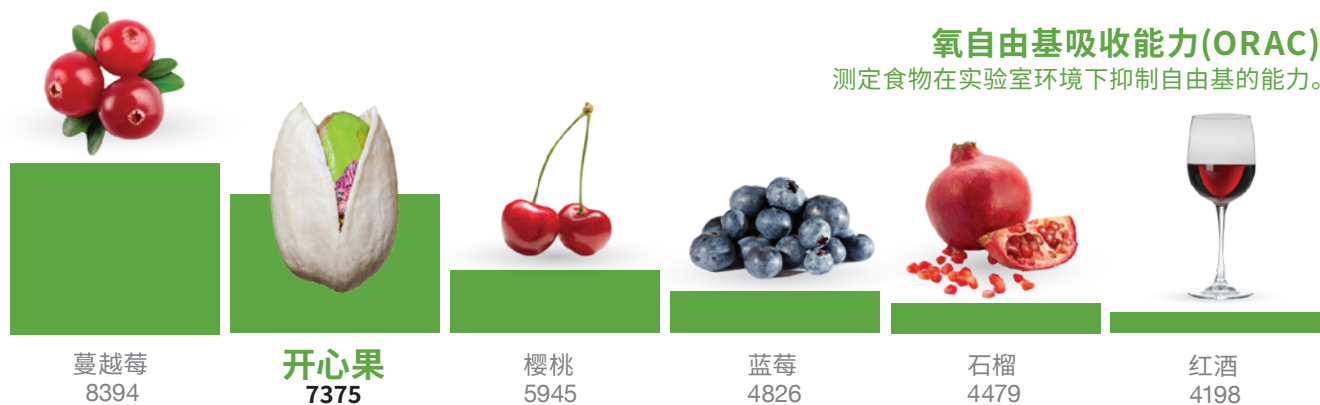


开心果的抗氧化能力



开心果富含抗氧化剂，其抗氧化能力可与常见的抗氧化食物相媲美¹。

常见食物的抗氧化活性^{2,3}



¹ Yuan W, Zheng B, Li T, Liu RH. "Quantification of Phytochemicals, Cellular Antioxidant Activities and Antiproliferative Activities of Raw and Roasted American Pistachios (Pistacia vera L)." *Nutrients* (2022): 14 (15): 302. <https://doi.org/10.3390/nu14153002>.

² Wolfe KL, et al. "Cellular Antioxidant Activity (CAA) Assay for Assessing Antioxidants, Foods, and Dietary Supplements." *Journal of Agriculture and Food Chemistry*. (2007): 55:8896-8907.

³ Song W, et al. "Cellular Antioxidant Activity of Common Vegetables." *Journal of Agriculture and Food Chemistry*. (2010): 58, 6621-6629. DOI: 10.1021/jf9035832.

抗氧化剂



AMERICAN QUALITY
PISTACHIOS[®]

California Grown

美国品质 · 产自加州

AmericanPistachios.cn



可通过防止细胞氧化来保护身体免受自由基的伤害。自由基损伤来自日常的生命活动，如饮食、呼吸、运动、环境毒素等。

如何提高 抗氧化剂 在每餐中的摄入

在燕麦或酸奶冻糕上撒上开心果碎



以开心果为主要蛋白来源，制作属于自己的植物性饮食便当



开心果是完全蛋白

将开心果加入您最喜欢的奶昔中或是直接享用



将开心果混合入您最喜欢的酱料配方中，或将开心果碎裹在鱼肉外面形成外皮



⁴ Poles J, Karhu E, McGill M, McDaniel HR, Lewis JE. "The Effects of Twenty-Four Nutrients and Phytonutrients on Immune System Function and Inflammation: A Narrative Review." *J Clin Transl Res.* (2021, May 27); PMID:34239993.

⁵ Velmurugan B, Rathinasamy B, Lohanathan B, Thiyagarajan V, Weng CF. "Neuroprotective Role of Phytochemicals." *Molecules.* (2018); 23, (10) 2485. DOI: 10.3390/molecules23102485.

⁶ Luo J, Si H, Jia Z, Liu D. "Dietary Anti-Aging Polyphenols and Potential Mechanisms." *Antioxidants (Basel).* (2021, Feb 13); DOI: 10.3390/antiox10020283. PMID: 33668470; PMCID: PMC7918214.

⁷ Jayedi A, Rashidy-Pour A, Parohan M, Zargar MS, Shab-Bidar S. "Dietary Antioxidants, Circulating Antioxidant Concentrations, Total Antioxidant Capacity, and Risk of All-Cause Mortality: A Systematic Review and Dose-Response Meta-Analysis of Prospective Observational Studies." *Adv Nutr.* (2018, Nov 1); 9 (6):701-716. DOI: 10.1093/advances/nmy040. PMID: 30239557; PMCID: PMC6247336.