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| J | F | D | A | C | **P** | **Y** | K | Q | A | J | L | P | B | D | X | Y | M | S | L | A | D | M | S |
| R | X | S | I | W | **I** | **R** | H | R | P | Q | A | C | B | D | V | R | P | I | Y | R | Z | U | S |
| G | H | Q | D | K | **S** | **O** | **S** | C | V | W | S | I | L | Y | Y | S | Q | V | F | V | F | P | B |
| S | Y | H | K | Q | **T** | **T** | **T** | K | **E** | **N** | **I** | **M** | **A** | **I** | **H** | **T** | F | E | G | D | Z | L | I |
| **D** | B | J | S | C | **A** | **A** | **U** | M | **I** | **R** | **O** | **N** | O | M | D | A | C | J | R | T | L | J | T |
| **E** | S | G | H | C | **C** | **M** | **N** | S | **S** | **D** | **N** | **O** | **M** | **L** | **A** | D | P | L | N | D | O | L | V |
| **T** | Z | U | H | Q | **H** | **M** | **A** | A | U | A | G | N | X | Z | U | Q | B | S | L | L | O | Z | M |
| **A** | Q | K | E | J | **I** | **A** | **E** | C | I | H | Z | K | M | P | N | X | M | L | H | I | L | U | E |
| **R** | G | P | U | I | **O** | **L** | **P** | S | U | F | H | W | S | J | V | S | U | **F** | **I** | **B** | **E** | **R** | O |
| **U** | F | K | E | X | **S** | **F** | L | D | **S** | **T** | **U** | **N** | **L** | **I** | **Z** | **A** | **R** | **B** | B | A | F | G | M |
| **T** | V | O | B | U | M | **N** | U | Z | W | A | G | X | C | T | T | H | K | H | Y | G | Z | O | E |
| **A** | S | B | G | Z | Q | **I** | Y | A | U | P | H | V | S | U | U | Q | K | D | N | B | J | R | G |
| **S** | E | I | **S** | U | L | **I** | Z | U | E | Q | U | U | F | E | A | O | Q | C | L | L | H | F | A |
| **N** | S | D | **T** | U | T | **T** | E | E | W | F | K | A | W | Y | W | X | Z | A | Q | Z | B | **H** | F |
| **U** | R | Q | **U** | Z | Z | **N** | G | **I** | **M** | **M** | **U** | **N** | **E** | **S** | **Y** | **S** | **T** | **E** | **M** | V | X | **A** | A |
| **O** | P | H | **N** | N | C | **A** | E | O | R | Z | X | F | O | Q | U | Q | T | J | K | X | H | **Z** | T |
| **N** | Y | O | **L** | T | K | U | K | X | X | N | V | Q | R | U | X | G | C | D | X | V | K | **E** | T |
| **O** | B | N | **A** | **N** | **I** | **A** | **C** | **I** | **N** | V | W | W | T | J | G | G | I | S | A | G | Z | **L** | Y |
| **M** | P | K | **W** | P | K | Y | J | **C** | **A** | **S** | **H** | **E** | **W** | **S** | I | X | L | W | S | R | W | **N** | A |
| J | R | Y | J | H | G | P | Y | G | Z | W | X | Q | M | **N** | **I** | **E** | **T** | **O** | **R** | **P** | G | **U** | C |
| A | E | D | H | M | P | **D** | **I** | **C** | **A** | **C** | **I** | **E** | **L** | **O** | **N** | **I** | **L** | Q | A | G | T | **T** | I |
| A | U | F | H | R | W | A | O | A | **P** | **I** | **N** | **E** | **N** | **U** | **T** | **S** | N | A | B | A | W | W | D |
| H | N | V | **A** | **I** | **M** | **A** | **D** | **A** | **C** | **A** | **M** | E | Q | E | Q | A | F | O | Q | D | K | P | T |
| G | N | F | K | **A** | **N** | **T** | **I** | **O** | **X** | **I** | **D** | **A** | **N** | **T** | E | Q | Y | E | U | F | R | C | G |

   HAZELNUT       PISTACHIOS       MACADAMIA       IMMUNE SYSTEM       NIACIN       IRON       ALMONDS       BRAZIL NUTS       MONOUNSATURATED       THIAMINE       PROTEIN       WALNUTS       CASHEWS       OMEGA 3 FATTY ACID       LINOLEIC ACID       FIBER       PINENUTS       PEANUTS       ANTIOXIDANT       ANTIINFLAMMATORY