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# Fresh & Natural Hand Picked Cashew Kernel Nuts...

## WHY CASHEWS?



Health Positive:

**Zero cholesterol**

Vitality and vigor for all ages:  
source of protein, iron, magnesium,  
potassium, vitamins D & B-6

**Diabetic friendly:**

Low glycaemic index (GI=25)&  
glycaemic load (GL=2/28.35 grams)

Reduces systolic blood pressure

Reduces LDL (bad cholesterol)

Improves HDL (good cholesterol)



Scan the QR Code  
for more details

## Myths debunked:

Researches have  
established the GOODNESS of  
CASHEWS on human health  
(similar to other products like  
ghee, gingely & groundnut oils)

PosH Cashew Edibles Available in Wholes form as a  
"Daily Health Snack"

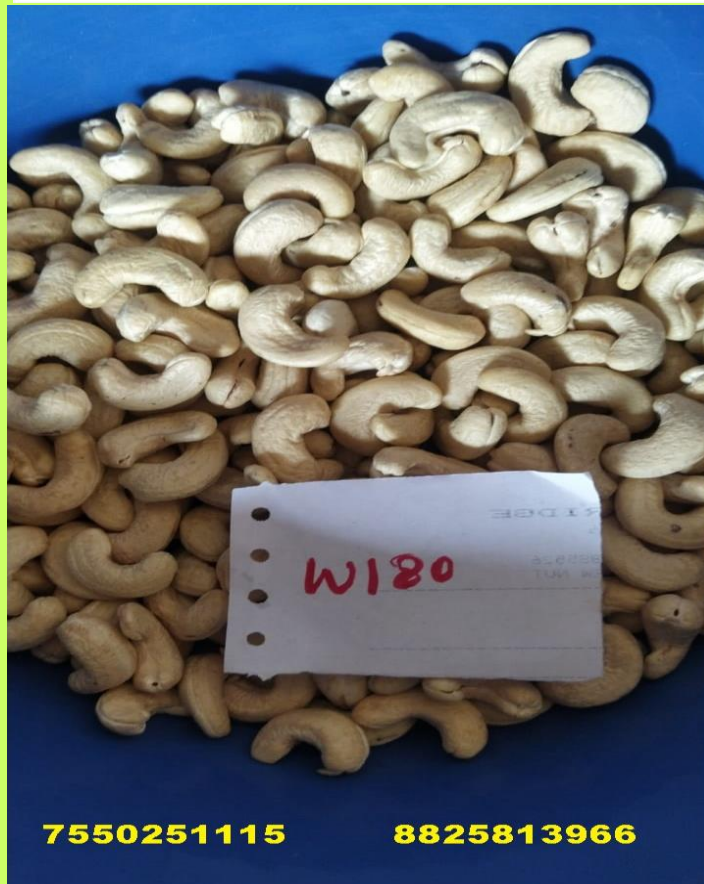
Ease of buying:  
Order on Whatsapp/Call:

+91 75502 51115



www.poshnuts.in

PosH edibles a health positive initiative by: PraDi Business Ventures Private Limited, Ruckmani Cottage, (opp to: SBIOA Unity Enclave) 2/296 Perumalkoil 2nd Street, Mambakkam, Chennai 600 12 | www.praDi.in | GSTIN:33AAKGP2084J1Z9 | FSSAI:1242002002192  
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