

# Go natural and let it grow .....



Media Release – September 2011

During November the Go Natural Nut Delight will grow a mo! Go Natural will donate 10c from every specially marked Nut Delight to Movember to support changing the face of men's health.

Go Natural is passionate about providing the opportunity for everyone to enjoy real food products, with real food value and food that tastes great for everyone's pleasure and wellbeing. Go Natural Nut Delight snack bars carry the No Numbers logo and are packed with peanuts, almonds, walnuts, brazil nuts and naturally sweetened with honey. This blend of nuts, are full of essential vitamins and minerals including selenium, magnesium and vitamin E. These effective antioxidants are known to support and improve prostate health and heart disease. Leading dietitian; Susie Burrell describes the Go Natural Nut Delight as "The best nuts bars on the market, with a perfect mix of carbs, protein and good fat!"



Movember is an annual, month-long celebration of the moustache, highlighting men's health issues. During Movember, each Mo Bro becomes a walking billboard for men's health and, via their Mo, raises essential funds and awareness for Movember's men's health partners – The Prostate Cancer Foundation, Beyond Blue and the Movember Global Action Plan.

The idea for Movember came about in 2003 when a few mates were having a beer in a small bar in Fitzroy, Melbourne. Inspired by the women's health movement, it was recognized that men were lacking a way to engage and actively involve themselves in their own health.

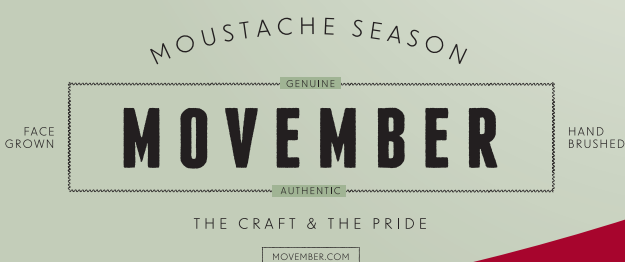
Go Natural Nut Delight snack bars are available in the health food section of major supermarkets and convenience outlets nationally.

[www.gonatural.com.au](http://www.gonatural.com.au) and [www.movember.com](http://www.movember.com)

For further product information or imagery please contact Go Natural:

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**Go Natural**  
Tastes good, naturally.