



Health Breakdown

Antioxidants: Cacao has more antioxidant flavonoids than any food tested so far, including blueberries, red wine, and black and green teas. In fact, it has up to four times the quantity of antioxidants found in green tea. It is one of the top super foods.

Amazing Health Benefits of Chocolate

Health benefits include:

Promote cardiovascular health - helps dilate blood vessels, reduce blood clotting, improve circulation, help regulate heartbeat and blood pressure, lower LDL cholesterol, and reduce the risk of stroke and heart attacks. **Protect from environmental and metabolic toxins** - Help repair and resist damage caused by free radicals, and may reduce risk of certain cancers.

Neurotransmitters: By increasing the levels of specific neurotransmitters in our brains, cacao promotes positive outlook, facilitates rejuvenation and simply helps us feel good.

Serotonin - Cacao raises the level of serotonin in the brain; thus acts as an anti-depressant, helps reduce PMS symptoms, and promotes a sense of well-being.

Endorphins - Cacao stimulates the secretion of endorphins, producing a pleasurable sensation similar to the "runner's high" a jogger feels after running several miles.

Phenylethylamine - Found in chocolate, phenylethylamine is also created within the brain and released when we are in love. Acts as mild mood elevator and anti-depressant, and helps increase focus and alertness.

Anandamide - known as the "bliss chemical" because it is released by the brain when we are feeling great. Cacao contains both N-acyl ethanolamines, believed to temporarily increase the levels of anandamide in the brain, and enzyme inhibitors that slow its breakdown. Promotes relaxation.

Essential Minerals:

Magnesium - Cacao seems to be the #1 source of magnesium of any food. Magnesium balances brain chemistry, builds strong bones, and helps regulate heartbeat and blood pressure. Magnesium deficiency, present in 80% of Americans, is linked with PMT, hypertension, heart disease and diabetes.

Sulfur - Cacao is high in the beauty mineral sulfur. Sulfur builds strong nails and hair, promotes beautiful skin, detoxifies the liver, and supports healthy pancreas functioning.

