



# Health Matters

by  
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Natural Foods Market

What super-food improves your energy, mood and blood pressure? "**Cacao**" is raw, unprocessed, unsweetened chocolate that has an exceptionally high level of heart-healthy antioxidants called flavanols (25 times the levels found in red wine or green tea) and an excellent source of Omega 9 fatty acids (same heart-healthy fats found in olive oil).

Also containing theobromine and anandamide (naturally-occurring compounds known as "bliss chemicals"), **Cacao** gives you a sustained boost of energy and, at the same time, a more tranquil mood. No wonder we crave chocolate! As a vital source of magnesium, Cacao helps relax arteries, improve circulation and control blood pressure.

Pure, raw **Cacao** has no sweeteners or additives and can be used in smoothies, hot coco, or baked goods. With all the health benefits of chocolate, but not the unwanted calories and sugar, **Cacao** is available in powder or nibs (tiny morsels).

As always, we guarantee your satisfaction.

**Locally owned for 35 years**

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