

how to enjoy raw cacao

For Raw Cacao Nibs (bitter) or Raw Cacao Nibs coated with Yacon Syrup (sweet)-

Mother Nature's unadulterated chocolate chips can be enjoyed in several ways:

- ✓ As a healthy snack – eat them out of the bag or together with nuts/seeds or sweet foods like dried fruits, desserts, etc.
- ✓ As a healthy drink – blend them with your smoothies or fruit juice for that added chocolatey twist

Recommended serving: 1-3 teaspoons (5-15g)

For Raw Cacao Powder-

Our wonderful-smelling cocoa powder can be enjoyed:

- ✓ As a healthy and delicious hot chocolate drink when mixed with coconut palm sugar. Replacing your morning coffee with a raw cacao drink would be a much healthier alternative as it is loaded with antioxidants and bliss chemicals.
- ✓ By blending with your regular fruit smoothie/juice for a high-antiox morning perk-me-up

Recommended serving: 2-3 teaspoons (10-15g)



Caution: Cacao has natural mild stimulants. So stick to our recommended serving of our raw cacao products. The key is to eat minimally processed raw cacao in small amounts - just enough to receive the health-boosting qualities and satisfy those chocolate cravings.

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organic & raw cacao (cocoa) powder & nibs

a high-antioxidant superfood that makes you feel good!



BOTANICAL NAME: *Theobroma Cacao L.*, criollo & arriba nacional varieties
(*Theobroma Cacao* literally means "food of the gods")

nature's superfoods' organic raw cacao

Our Raw Cacao products come from Single Origin Fairly Traded Criollo (Peru) or Arriba Nacional (Ecuador) varieties, organically cultivated in Peru/Ecuador. Certified organic with USDA, EU (Peru) or BCS Oko-Garantie (Ecuador). 100% pure unroasted cacao to preserve maximum nutrients. The cacao beans are lightly fermented to bring out the cocoa flavor, increase nutrient availability and reduce phytic acid at the same time.



raw cacao powder- 250g (Peru), 454g (Ecuador)

raw cacao nibs- 250g

sweet raw cacao nibs coated with yacon syrup- 250g



Cacao (or cocoa or chocolate) is the seed of the fruit of the cacao tree, native to Central and South America. History has it that the ancient people of Central America, the Mayans and Aztecs revered cacao beans as a divine health food, medicine and aphrodisiac, so much so that they used the beans as their currency!

Cacao has the highest antioxidant polyphenol content among all known foods and provides incredible heart-protection. In a recent study by the U.S. Department of

Agriculture and the Journal of the American Chemical Society, organic raw cacao (unprocessed) was found to be **the number one antioxidant food on the planet!** Antioxidants help to combat free radicals our bodies generate and are exposed to every day.

Modern science has now confirmed that Raw Cacao is the most nutritionally complex food on the planet. Nicknamed "black gold" by the Spanish, the bean-shaped pod has also been considered a highly

beneficial medicine because it contains over 300 identifiable chemical compounds. Unfortunately, many of those properties are destroyed by cooking, processing, and refining, which is the reason why Nature's Superfoods is now introducing cacao in raw and minimally processed forms.



cacao plant

why eat raw cacao?

Raw Cacao is **rich in - Antioxidants, Magnesium, Sulfur, Good fats, Minerals and Vitamins**

Unlike processed dark chocolate, antioxidants are retained at much higher levels in the raw form of cacao. Benefits from keeping organic chocolate unheated and raw include: much higher levels of antioxidants (oligomeric procyanidins, resveratrol and the polyphenols: catechin and epicatechin) as well as phenethylamine (PEA, the feel-good neurotransmitter responsible for the feeling of love), tryptophan (mood-

enhancer and a commonly deficient amino acid in those who consume a diet of mostly cooked food) and serotonin (a neurotransmitter that acts as a "stress defense shield" or an anti-depressant).

Most negative things commonly attributed to processed or non-raw chocolate bars, such as cavities, weight gain, diabetes and the feeling of 'heatiness' are actually caused by the dairy, sugar and other additives added to the dark chocolate.

The phytochemical analysis of cacao beans reveals that raw chocolate is perhaps the most chemically complex food on Earth. Phytochemicals usually degrade in the cooking process, so the raw form of cacao is the most recommended form among all forms of chocolate.



cacao powder



cacao nibs



cacao butter

the story: cacao & the people of Kuna

The Kuna people of San Blas, off the coast of Panama, are wonderful examples for the rest of the world thanks to the ongoing work of Norman K.

Hollenberg and colleagues of Harvard Medical School. He found that the risk of heart disease, cancer, diabetes and stroke- four of the most common killers today, are almost nonexistent in these

people. As part of living by their traditional ways, they drink an average of 5 cups of cacao per day, making them the world-record holders of a flavonoid-rich diet.

health benefits

When consumed in the form of raw cacao (whole beans, butter, nibs or powder), the health benefits include:

Regulation of blood sugar. Due to the presence of chromium that can naturally regulate blood sugar. Beneficial for diabetes. Chromium also plays a significant role in detoxifying the liver from alcohols which build up during the fermentation process of sugars and starches when we overeat or make bad food choices. It has a major influence in blood cleanse.

Support of weight loss, reduces appetite. Owing to its chromium and coumarin content. Coumarin has appetite-suppressing, blood thinning and anti-tumor properties. Pure, raw cacao has tremendous potential for helping to support weight loss- quite the opposite from your highly processed chocolate bar with dairy, sugar and other additives added into it!

Lifts your mood with bliss nutrients, makes you feel positive! Phenethylamine (PEA) is abundant in cacao beans. As PEA is heat sensitive, much of the PEA in conventionally cooked and processed chocolate is missing. PEA is the adrenal-related chemical that our bodies produce when we fall in love. PEA also helps increase focus and alertness. Another compound found in cacao is anandamide - an endorphin that the human body naturally produces after exercise. (cacao is the only food that contains this neurotransmitter responsible for the feeling of "bliss").



Heart/Cardiovascular protection-helps lower blood pressure. Cacao is the highest whole food source of magnesium. Magnesium, which happens to be the most deficient mineral in the diet of modern cultures, relaxes muscles, improves peristalsis in the bowels (meaning a better digestive system), builds strong bones, and relaxes the heart and cardiovascular system. Flavanols or polyphenols in cacao have been shown to lower blood pressure.

Nutritionally supports :

- Anti-aging** – Due to the amazing amounts of antioxidants
- Healthy hair and nails** – Due to the sulphur content
- Healthy cholesterol** – Due to the healthy fats in it