



Healthy Chocolate Florida, LLC
THE 4NOGUILT™



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The Chococentical way of life®

Explanation of Healthy Chocolate Ingredients

Disclaimer: The material in this document reflects only the opinion of the author, and thus they do not constitute a claim. For validating data one is encourage seeking sources that contain scientific information. One such resource is <http://www.naturalstandards.org>

Food Ingredients

Organic Cocoa Liquor. After the cocoa beans are fermented and roasted they are shelled and ground. The result of this is a dark aromatic liquid that becomes solid powder at room temperature. This substance is called "Cocoa Liquor." It is worthwhile mentioning that it has **no alcohol** in it. Cocoa Liquor is the basic ingredient for all cocoa products, and is the substance from which Cocoa Butter and Cocoa Powder are derived.

For the making of Healthy Chocolate we use Certified Organic Cocoa Liquor that was grown in Peru and processed in The Netherlands. By using this top quality ingredient we insure that the Cocoa is pure and contains **no contaminants**. In addition, this cocoa does not contain unwanted volatile gases, thus it does not require high temperature processing, hence **maintaining its anti oxidant and nutritional value at maximum**.

Organic Cocoa Butter. Cocoa Liquor contains 45% - 55% of fat. When pressed through a filter, this fat healthy polyunsaturated separates from the solids. The fat is called "Cocoa Butter" while the remaining solids become after processing cocoa powder. We use **Certified Organic Cocoa Butter**. It is **not processed** and **not deodorized**, thus maintaining its **full nutrient value**. Cocoa Butter **provides high quality fatty acids** that are essential when one is on a weight loss diet.

Xylitol. A sugar alcohol – Xylitol is the nearest in chemical composition to Glucose (Xylitol – C₅H₁₂O₅; Glucose C₆H₁₂O₆). It is a natural substance in the body. It appears in the form of white crystal very much like sugars. Unlike other sugar alcohols, Xylitol does not load the liver. Some of the **benefits of Xylitol** are its ability to **retard tooth decay bacteria as well as flu and cold virus**. It **does not increase blood sugar levels**. It can penetrate the cell membrane without needing the aid of insulin, and once inside the cell it is **converted to glucose** and used as an **energy source**. This is very important to people that suffer from insulin resistance such as Diabetics, Hypo-Glycemics, and Obese People.

We use it in Healthy Chocolate as a bulking agent instead of sugar. Xylitol is what gives Healthy Chocolate its **"Chocolaty" texture**. The xylitol that we use is **made in the USA from organically grown birch trees**.

Organic Lecithin. A greasy substance used in foods as an emulsifier, *i.e.* it allows oil to mix with water. In nature it is found in eggs, soy, mustard seeds, wheat, and other plants. Lecithin is an essential element of our food. It is known to help **control cholesterol levels**.

We use lecithin derive from organic soy in Healthy Chocolate as a "final touch" to give it **a smooth and uniform texture**.

Natural Vanilla A flavoring agent (spice).



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Herbal Ingredients in Healthy Chocolate*

Momordica Charantia. Also known as “Bitter Melon.” This is the most important herb in Healthy Chocolate. There are many studies on the numerous benefits of this tropical herb. The Chinese pickle its fruit and have it with their meals. In china it has been **used to treat diabetes for many generations**. We use it in Healthy Chocolate for its ability to **regulate blood sugar levels**.

Noni Fruit. An Indian fruit (Indian Mulberry) that is believed to have some medicinal qualities. It is definitely proven to be very **high in nutrients** and a strong **anti oxidant**. We found that Noni works very well with Momordica to enhance its effect.

Ellagic Acid. Extracted from Pomegranates it is **one of the best anti oxidants** known to man. It gives Healthy Chocolate a fruity flavor, and **helps extend its shelf life**.

Green Tea Extract. The benefits of green tea are well documented. With Cocoa it seems to **enhance the appetite control capabilities of Cocoa**.

Faba Beans. extract from white kidney beans. This ingredient is believed to **slow down the absorption of sugar into the blood stream**.

**Our creative, out-of-the-box thinking as well as our cutting-edge food, nutritional, scientific and health-enhancement expertise allows us to incorporate almost any ingredient into our Chococeutical® Delivery System.*



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