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Congratulations on Your Purchase of Xocai Healthy High Antioxidant Chocolate!!

Did you know that the **Cacao bean is a vegetable?** When your Mom told you to eat your vegetables, who would have thought that would include chocolate?

Xocai chocolates:

- They're Loaded With Antioxidants That Fight Free Radicals*
- Helps Provide Natural Energy*
- Helps Promote Cardiovascular Health*
- Improves Sleep*
- Supports Healthy Response to Inflammation*
- Increases Your Sense of Well-Being*
- May Help You Lose Weight^{*(1)}
- Diabetic Friendly^{*(1)}

(*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. ⁽¹⁾Select products.)

How should I use Xocai chocolate?

Eat at least three servings a day regularly. This will provide 1000 mg of flavanols which are important antioxidants. Let the chocolate melt in your mouth in order to absorb it quickly and to become a connoisseur of this delicacy. Drink a glass of water following the chocolate if possible, since it does make you thirsty and this will aid improve your water intake as well.

Do you tend to overeat at mealtime? Let one chocolate **melt in your mouth 20 minutes** before a meal in order to take the edge off your appetite.

Do you have cravings for unhealthy carbohydrates? Let one chocolate melt in your mouth any time you have a craving.

- ***Substitute Xocai chocolate for “junk food” and the white foods like sugar, white flour, white rice, etc. to improve your nutrition.***

Can I eat more than three servings a day? Eating more than three servings of Xocai a day is excellent for your health. After a few days, you will likely find that you want less. But, take the three chocolates daily as a minimum for long-term benefits.

So, three times a day, **EAT XOCAI CHOCOLATE!!** It's delicious!! We look forward to hearing your testimonials about the benefits of adding healthy chocolate to your diet!!

Please check out www.mydrchocolate.com for medical information regarding dark chocolate.