

Summary of the findings of the University of Utah study on Xocai Chocolate

By Dr. Britton, June 2008

- 1) **Increased plasma antioxidant** levels by giving Xocai chocolate to people (-oxidation drives atherosclerosis which is associated with inflammation and vascular function)
- 2) **Increased level of glutathione in blood** by eating Xocai chocolate (cells make this to defend themselves against free radicals)
- 3) **Increased urinary isoprostanes**- a dramatic decrease was found in a 2 week period and maintained long term (these are the waste products of oxidation)
- 4) **Decreased levels of inflammation in the body** - inflammation is believed to be the cause of over 200 degenerative diseases including heart disease and Alzheimer's
- 5) **Blood pressure decreased in two weeks with 5mm drop in 4 weeks**- this is a similar amount as for changing lifestyle in systolic and diastolic levels
-this response happened very quickly and increased with more time on the chocolate
-the result was seen even in people with normal Blood pressure to start
-the higher the blood pressure at the start, the faster the drop
 - (This indicates a great benefit in eating Xocai chocolate for people with hypertension and pre-hypertension- doctors do not use medication for pre-hypertension and the chocolate provides an effective way to lower blood pressure)
- 6) **Insulin sensitivity measured by the QUICI index** showed improvement over two weeks and more in 4 weeks (usually it takes medication for this result)
- 7) **Glucose challenge test OGTT**- this showed **increased insulin secretion** after a challenge or meal indicating improved pancreatic function and lower diabetes risk
- 8) **Insulin response improved after 2 weeks with added benefit after 4 weeks**- Glucose response decrease showing that the body was dealing with it more effectively
- 9) **ApoA1** which indicates level of good cholesterol HDL improved at 2 weeks
- 10) **Lean body mass**- Xocai increased amount of lean tissue over time

11) Adiponectin- good product of fat cells which increases with weight loss and increases HDL

-adiponectin increased at 2 and 4 weeks with Xocai chocolate

11) Also the study found that people experienced less heartburn, less PMS and improved sleep