



Things the Cacao Bean Contains

Magnesium: Cacao seems to be the #1 source of magnesium of any food. Magnesium is one of the great alkaline minerals. It helps to support the heart, brain, and digestive system (it fights constipation). Magnesium is also important for building strong bones. This is likely the primary reason women crave chocolate during the monthly cycle. Magnesium balances brain chemistry, builds strong bones, and is associated with more happiness. Magnesium is the most deficient major mineral on the Standard American Diet (SAD); over 80% of Americans are chronically deficient in Magnesium! Cacao has enough magnesium to help reverse deficiencies of this mineral.

Iron: Cacao contains 314% of the U.S. RDA of iron per 1 ounce (28 gram) serving. Iron is a critical mineral in nutrition. Iron is part of the oxygen carrying protein called hemoglobin that keeps our blood healthy.

Chromium: Chromium is an important trace mineral that helps balance blood sugar. Nearly 80% of Americans are deficient in this trace mineral. Cacao has enough chromium to help reverse deficiencies in this mineral.

Anandamide: Anandamide (The Bliss Chemical) is an endorphin that the human body naturally produces after exercise. Anandamide has only been found in one plant — Cacao. Anandamide is known as "The Bliss Chemical" because it is released while we are feeling great. Cacao contains enzyme inhibitors that decrease our bodies' ability to breakdown anandamide. This means that, when we eat cacao, natural anandamide and/or cacao anandamide may stick around longer, making us feel good longer.

Theobromine: Cacao usually contains about 1% theobromine. Theobromine is an effective anti-bacterial substance and kills streptococci mutans (the primary organism that causes cavities). Theobromine is a chemical relative of caffeine but is not a nervous system stimulant. Theobromine dilates the cardiovascular system making the heart's job easier. This is one of the major reasons why cacao is an important part of a heart healthy diet.

Antioxidants: Cacao contains the highest concentration of antioxidants of any food in the world. These antioxidants include polyphenols, catechins, and epicatechins. By weight, Cacao has more antioxidants than red wine, blueberries, acai, pomegranates, and goji berries COMBINED.

Cacao Also Contains the Following Important Unique Nutrients:

Manganese: Manganese is an essential trace mineral. Manganese helps assist iron in the oxygenation of the blood and formation of hemoglobin. Interestingly, manganese is also concentrated in tears.

Zinc: Zinc is an essential trace mineral. Zinc plays a critical role in the immune system, liver, pancreas, and skin. Additionally, zinc is involved in thousands of enzymatic reactions throughout the human body.

Copper: Copper is an essential trace mineral. Copper is found naturally in plants with vitamin C. In the human body, copper helps to build healthy blood.

Vitamin C: Cacao must be raw to contain vitamin C. All cooked and processed chocolate has no vitamin C. A one ounce (28 gram) serving of Cacao Nibs supplies 21% of the U.S. RDA of Vitamin C.

Omega 6 Fatty Acids: Cacao contains essential omega 6 fatty acids. All cooked and processed chocolate contains rancid omega 6 fatty acids (trans-fat) that can cause an inflammatory reaction when one eats cooked chocolate.

Phenethylamine (PEA): Phenylethylamine (PEA) is found in abundance in cacao. Because PEA is heat sensitive, much of the PEA in conventional cooked and processed chocolate is missing. PEA is the chemical that we produce in our bodies when we fall in love. This is likely one of the main reasons why love and chocolate have such a deep connection. PEA also plays a role in increasing focus and alertness.

Tryptophan: Tryptophan is an essential amino acid that is transformed into important stress-protective neurotransmitters including serotonin and melatonin. Tryptophan is heat sensitive and therefore it is "cooked out" in many high protein foods and in conventional processed chocolate.

Serotonin: Serotonin is the primary neurotransmitter in the human body. Serotonin is similar in its chemistry to tryptophan and melatonin. Serotonin helps us build up our "stress defence shield."

Does Cacao Contain Caffeine?

Contrary to popular opinion, cacao is a poor source of caffeine. A typical sample of cacao nibs or cacao beans will yield anywhere from zero caffeine to 1,000 parts per million of caffeine (less than 1/20th of the caffeine present in coffee).

In February 2008, Dr. Gabriel Cousens discovered in clinical tests on healthy people that Cacao does not elevate blood sugar in the same way as a caffeine-containing food or beverage. In fact, Dr. Cousens' found that cacao has less of an effect on blood sugar than nearly any other food.