Suggested Use For optimum cholesterol reduction, consume one or two CHOCONUVO squares with each meal (with no less than two meals daily). Other than pure enjoyment, there is no need to consume more than five squares daily for cholesterol reduction. **CHOCONUVO** should be consumed shortly before, during or after meals. Best results are achieved when combined with a healthy, low cholesterol, high fiber diet. Like any creamy chocolate, CHOCONUVO melts when exposed to heat. Should this occur, simply place it in the refrigerator and it will solidify back to its normal state. **CHOCONUVO** is perfect for baking, since its flavor and health benefits are not affected by exposure to heat. For questions about the use of this product call 800.332.7799.

SUPPLEMENT FACTS Serving Size 1 Piece (6 g), Servings: 60, Amount Per Serving: Calories 25, Total Fat 2 g (3%DV), Saturated Fat 1.5 g (8%DV), Trans Fat 0 g, Cholesterol 0 mg (0%DV), Total Carb. 2g (1%DV), Dietary Fiber less than 1g (2%DV), Total sugars 1g, Includes 1g Added Sugars (2%DV), Natural Plant Sterol Esters 650 mg (†), Cocoa Flavanols (approx.) 55 mg (†) \* Percent Daily Value (%DV) are based on a 2,000 calorie diet. † DV not established.

Other Ingredients Organic 74% Cacao Dark Chocolate (Organic Fair Trade Cacao Beans, Organic Evaporated Cane Syrup, Organic Fair Trade Cocoa Butter, Organic Sunflower Lecithin). Made with machinery that may also process foods containing peanuts, tree nuts and milk.



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## "Uniquely Heart-Healthy Chocolate"



(ORGANIC FAIR TRADE CACAO BEANS, ORGANIC EVAPORATED CANE SYRUP ORGANIC FAIR TRADE COCOA BUTTER, ORGANIC SUNFLOWER LECITHIN CHOLESTACARE NATURAL PLANT STEROL ESTERS.



**60 SIX-GRAM SQUARES** NET WT 12.7 OZ (360 G



# Mother Nature's Dynamic Duo of Heart Health. A Unique Dark Chocolate Experience.

## dark chocolate, but prefer the creamy texture of milk chocolate. Chocolate – Respected for Thousands of Years.

Cocoa was revered by ancient South and Central American cultures. In fact, Aztec emperor Montezuma proclaimed A Natural Solution to an Unhealthy Problem.\*

century New World.

CHOCONUVO combines the heart-healthy benefits of In recent years, due to its myriad health benefits, interest in dark dark chocolate with Mother Nature's most powerful and chocolate has exceeded that of milk chocolate. Dark chocolate provides clinically proven cholesterol-reducing ingredient (plant higher levels of healthy flavanols than milk chocolate and also contains sterols). Naturally occurring compounds in dark chocolate less sugar, fat and calories, along with no added milk. It is this uniquely called flavanols have long been known to promote heart high level of flavanols that imparts dark chocolate's rich flavor and and circulatory health. The unique combination of our health benefits, but also causes its drier texture. CHOCONUVO's natural plant sterols with our flavanol-rich organic dark unique marriage of rich dark chocolate with cholesterol-lowering plant chocolate creates the creamiest and most luxurious dark sterols creates an exceptionally healthy dark chocolate treat that melts chocolate you will ever taste. CHOCONUVO is also the first in your mouth like milk chocolate. In fact, our dark CHOCONUVO 74 was chocolate experience that naturally lowers cholesterol. specifically created for those who enjoy the flavor and health benefits of

# Dark Chocolate and Plant Sterols:

cocoa a divine beverage that fights fatigue while Spanish The normal American diet increases cholesterol levels and the risk explorer Hernando Cortes praised its benefits for physical of heart disease. As a result, millions of Americans take cholesterolendurance. For centuries, cocoa was not merely a source lowering drugs with their long list of harmful side effects. If you and your of nourishment, but of resilience, stamina and well-being, physician seek a natural tool to lower cholesterol, then CHOCONUVO The scientific name for the cacao tree translates as God's is an ideal solution. We add the clinically proven cholesterol-lowering Drink. As admired as Cocoa was by Native Americans, it is benefits of plant sterols to our heart-healthy Organic 74% dark not surprising that it soon became equally prized in the 16th chocolate. In fact, the 1,300 mg of plant sterols in just two **CHOCONUVO** squares is all you need to powerfully impact your cholesterol levels.\*

\*According to the US Food and Drug Administration, consuming at least 650 mg of plant sterol esters twice daily with meals for a daily total intake of at least 1,300 mg as part of a healthy diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Each **CHOCONUVO** square supplies 650 mg of plant sterol esters.

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.