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: 120, Amount Per Serving: Calories 25, Total Fat 2.5 g (3%DV), Saturated Fat 1.5 g (8%DV), Trans Fat 0 g, **Cholesterol** 0 mg (0%DV), **Total Carb.** 2 g (1%DV), Dietary Fiber less than 1 g (2%DV), **Total Sugars** less than 1q, Includes less than 1q Added Sugars (1%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 91% Cacao Dark Chocolate (Organic Fair Trade Cacao Beans, Organic Evaporated Cane Syrup, Organic Fair Trade Cocoa Butter).

Made with machinery that may also process foods containing peanuts, tree nuts and milk.



"Uniquely Heart-Healthy Chocolate"





120 SIX-GRAM SQUARES MANUFACTURING NET WT 25.4 OZ (1.6 LB) (720 G)



Mother Nature's Dynamic Duo of Heart Health.

CHOCONUVO combines the heart-healthy benefits of dark chocolate with Mother Nature's most powerful and clinically proven cholesterol-reducing ingredient (plant sterols). Naturally occurring compounds in dark chocolate called **flavanols** have long been known to promote heart and circulatory health. The unique combination of our natural plant sterols with our flavanol-rich organic extreme dark chocolate creates the creamiest and most luxurious extreme dark chocolate you will ever taste. CHOCONUVO is also the first chocolate experience that naturally lowers cholesterol.

Chocolate - Respected for Thousands of Years.

Cocoa was revered by ancient South and Central American cultures. In fact, Aztec emperor Montezuma proclaimed cocoa a divine beverage that fights fatigue while Spanish explorer Hernando Cortes praised its benefits for physical endurance. For centuries, cocoa was not merely a source of nourishment, but of resilience. stamina and well-being. The scientific name for the cacao tree translates as God's Drink. As admired as cocoa was by Native Americans, it is not surprising that it soon became equally prized in the 16th century New World.

A Unique Dark Chocolate Experience.

In recent years, due to its myriad health benefits, interest in dark chocolate has exceeded that of milk chocolate. Dark chocolate provides higher levels of healthy flavanols than milk chocolate and also contains less sugar, fat and calories, along with no added milk. It is this uniquely high level of flavanols that imparts dark chocolate's rich flavor and health benefits, but also causes its drier texture. CHOCONUVO's unique marriage of rich dark chocolate with cholesterol-lowering plant sterols creates an exceptionally healthy dark chocolate treat that melts in your mouth like milk chocolate. In fact, our extreme dark CHOCONUVO 91 was specifically created for those who insist on the richest, healthiest dark chocolate possible, but prefer the creamy texture of milk chocolate.

Dark Chocolate and Plant Sterols: A Natural Solution to an Unhealthy Problem.*

The normal American diet increases cholesterol levels and the risk of heart disease. As a result, millions of Americans take cholesterol-lowering drugs with their long list of harmful side effects. If you and your physician seek a natural tool to lower cholesterol, then CHOCONUVO is an ideal solution. We add the clinically proven cholesterol-lowering benefits of Plant Sterols to our heart-healthy Organic 91% Extreme Dark 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 ma 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.