

# BELIZEAN GOLD CACAO NIBS

Our cacao nibs were grown by Mayan farmers in the Toledo District of Belize. These farmers have been growing organic cacao for hundreds of years. The Toledo District is known to be one of the finest growing areas for cacao in the World!

These beans were separated from the cacao pods and purchased wet by Toledo Cacao ([www.belize-cacao.com](http://www.belize-cacao.com)) and driven to our facility and placed in our fermentation decks, followed by our drying decks. The beans were then graded with only the best beans selected, bagged and shipped via boat to Los Angeles, California. Once delivered to California, we cut the whole bean into small pieces, separating the protective husk from the bean. This process is repeated three times to ensure that no husk is present in these incredible nibs.

Cacao nibs have been popular for a long time for adding a bitter flavoring to drinks, baked goods and savory dishes. The small pieces of cacao still retain a chocolatey flavor but lack the sweetness, making them ideal for cooking dishes that you don't want too sweet. The stronger flavor also requires less, so even in sweet dishes like chocolate cookies, you can substitute out higher calorie chocolate chips for fewer cocoa nibs. In addition to being great for cooking, cocoa nibs are also nutrient-dense sources of some vitamins and minerals. Try adding cocoa nibs to coffee, dessert toppings, savory dishes like cacao and coffee roasted chicken, or baked into your favorite cookies.

They are carefully hand packaged, sealed and shipped to you for your enjoyment!

INGREDIENTS: Pure Organic Cacao •Product of Belize

ALLERGEN INFORMATION: Packaged in a facility that handles cacao only.

STORAGE: Store in a cool, dark, dry place (55°F-72°F)

DISTRIBUTED BY: Profitime, Inc. North Hollywood, CA. 91605

## THE NUTRITIONAL VALUE OF COCOA NIBS

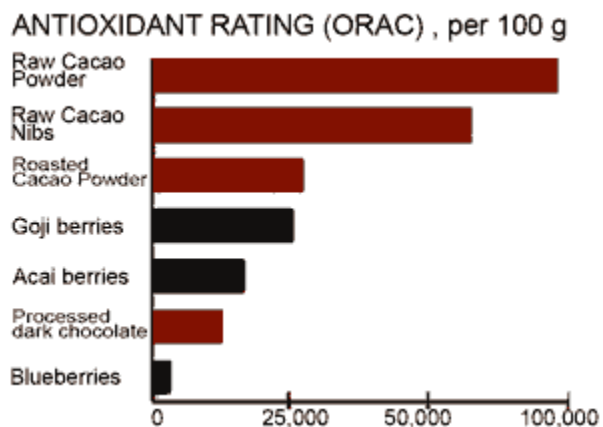
*(1 oz. of Cacao Nibs)*

Calories:	168	
Fat:	12 g	18% DV
Protein:	2 g	
Carbohydrates:	13 g	4% DV
Fiber:	3 g	12% DV
Iron:	3.3 mg	19% DV
Magnesium:	63.8 mg	16% DV
Copper:	0.5 mg	25% DV
Manganese:	0.5 mg	27% DV
Caffeine:	22.4 mg	

## HEALTH BENEFITS OF COCOA NIBS

- Cacao nibs are packed full of antioxidants and phytonutrients, which will help you fight damage caused by free radicals. This will help prevent diseases and slow the aging process.
- Cacao nibs are a good source of iron! Iron is one of the most important minerals because it serves as an essential part of hemoglobin. Hemoglobin is important in the body because it helps transport the oxygen in your blood to enzymes and body cells. Breathing facilitates energy production to fuel cell processes, so by breathing and eating enough iron you are helping energize yourself! Iron is also important for helping brain development and supporting a healthy immune function.
- Just one ounce is a high source of manganese. Manganese is essential to help build strong bones and is a part of many enzymes that play a role in metabolizing the food you eat. These enzymatic reactions help breakdown and utilize carbohydrates, fats and proteins. The enzymes form connective tissue, blood clotting factors and sex hormones.
- Cacao nibs also have ~1/4 of the amount of caffeine you might find in a cup of coffee, so they can provide a little energy boost when eaten as part of a snack like trail mix.
- They also are a good source of copper, which is also important in making hemoglobin and carrying oxygen in red blood cells. Working as part of enzymes, copper helps your body produce energy and develops the connective tissue, myelin and melanin. This connective tissue protects your nerves and keeps the elasticity of your skin, thereby reducing the signs of aging!
- Flavanols are found in high levels in cacao. Flavanols are phytonutrients that contribute to heart health, bolstering antioxidant defenses and neutralizing the free radicals that damage cells. The ones found in cocoa may also contribute to urinary tract health in addition to maintaining heart health!

## RAW CACAO, CHOCOLATE AND ORAC



### ORAC scores for the Top 10 Antioxidants Foods (per 100 grams)

- 1) Raw cocoa powder\* 95,500
- 2) Raw cacao nibs\* 62,100
- 3) Roasted cocoa powder 26,000
- 4) Organic Goji Berries\* 25,300
- 5) Acai Berries\* 18,500
- 6) Dark Chocolate 13,120
- 7) Milk Chocolate 6,740
- 8) Prunes 5,770
- 9) Raisins 2,830
- 10) Blueberries 2,400S

Source: US department of Agriculture/Journal of American Chemical Society \*Brunswick Laboratories MA, USA