

*High level cocoa
chocolate for high
energy level people*

31

% CACAU

46

% CACAU

70

% CACAU

100% natural and healthy

 **Espirito**
Cacao

From almond to chocolate



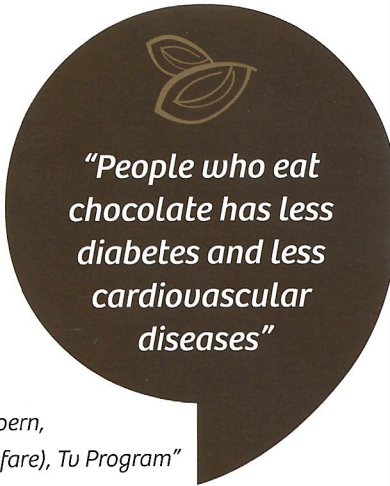
Chocolate is health

High flavonoid concentration brings in countless benefits.

Research conducted in the University of Barcelona – Spain has proved that chocolate consumption improves our defensive cells activity, the Lymphocytes t.

Protection for your heart for great emotions

A research conducted in Colony's Hospital University in Germany has proven: a high level cocoa chocolate diet reduces blood pressure levels, minimizing the risks of a stroke, due to catechins, a type of flavonoid contained in cocoa seeds.



“People who eat chocolate has less diabetes and less cardiovascular diseases”

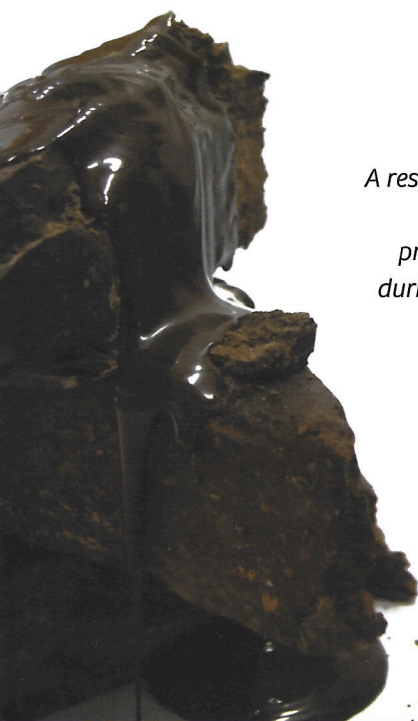
*Dr. Alfredo Halpern,
“Bem Estar(Welfare), Tu Program”*

Health for future moms

A research conducted by the University of Yale (USA) suggests that a chocolate diet on a daily basis prevents from pre-eclampsia, high blood pressure during pregnancy. The responsible for this benefit is theobromine compound.

A sweet addiction

A Japanese research published in Nutrition – American Magazine, has investigated the role of procyanidine, another chocolate compound, in control of TYPE 2 DIABETES. This substance improves insulin efficiency by REDUCING BLOOD SUGAR LEVELS.



Anticholesterol

Cocoa butter is beneficial fat. According to cardiologist, Dr. Alfredo Halpern, it is transformed into oleic acid, same as olive oil, keeping balance between HDL (good cholesterol) and controlling LDL (bad cholesterol).

Only natural ingredients, free from coloring, preservatives or flavoring are selected

Cancer prevention

Some molecules contained in cocoa, procyanidines, have antioxidant properties which, according to researchers from Georgetown University (USA), are proper to protect the cells from tumor's degeneration.



Helps getting fit

Research conducted by the University of Chung Hsing, Taiwan, observed that phenolic acids present in cocoa may increase leptin hormone production which increases the sense of satisfaction.

High cocoa level chocolate contains caffeine, which has thermogenic action, that is, it speeds up the metabolism, helping burn up calories, thus, contributing to weight loss.





Functional chocolate

Daily consumption of 30 to 40g (recommended quantity by nutritionists and cardiologists) of "Espírito Cacau" chocolate brings in all these benefits plus pleasure.



Food for fun (and good humor)

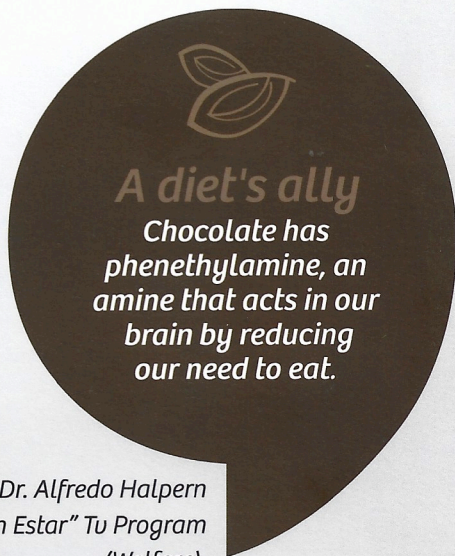
Two substances contained in cocoa seeds ("N-oleoletanolamina and N-linoneoletanolamina") stabilize the anandamides, substance produced by our brain which is responsible by NATURAL HAPPINESS, with analgesic, anxiolytic and antidepressant effects. Not to mention phenylalanine and tyrosine, two amino acids which are which are dopamine and noradrenaline precursors, neurotransmitters responsible by MOTIVATION, SATISFACTION AND PLEASURE.



From a rigorous premium almond selection, 100% healthy and natural chocolate.

Beauty elixir

Chocolate is an aesthetics ally, IT DELAYS WRINKLES APPEARING, improves NAILS. All that due to the antioxidants present in cocoa's mass, which fights off the free radicals, stimulate collagen production and have anti-inflammatory action, also fighting the unwanted CELULITES.

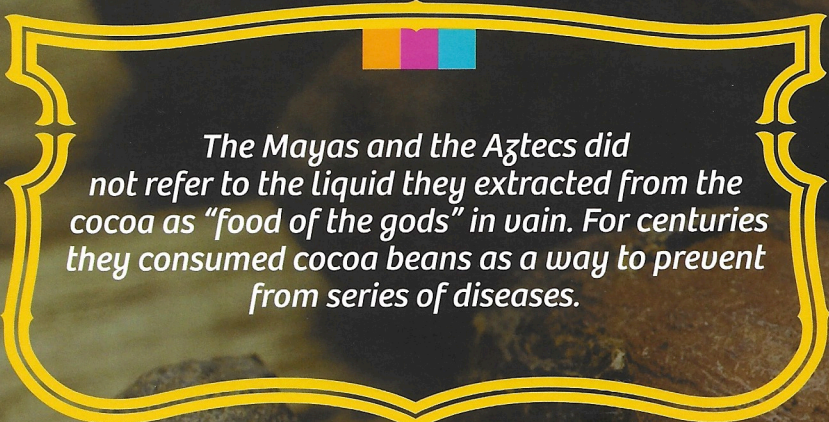


A diet's ally

Chocolate has phenethylamine, an amine that acts in our brain by reducing our need to eat.

-Dr. Alfredo Halpern
"Bem Estar" Tu Program
(Welfare).

food of the gods



The Mayas and the Aztecs did not refer to the liquid they extracted from the cocoa as “food of the gods” in vain. For centuries they consumed cocoa beans as a way to prevent from series of diseases.

Students and researchers, in many universities in Brazil and overseas, have proved the benefits of high level cocoa chocolate. In Espírito Santo (Brazil), Espírito Cacau has taken chocolate into a whole different experience, making it healthy and beneficial.

For the ones who practice physical activities and intense exercises, high level cocoa chocolate will boost you up with 100% natural and healthy alternative energy source. Try it!

