



Caffeine

- * Lowers risk of Alzheimer's disease
- * Antioxidant activity fights damage-causing free radicals.
- * Keeps dopamine molecules active
- * Keeps you alert

Chromium

- * Known to enhance the action of insulin.
- * Directly involved in carbohydrate, fat, and protein metabolism.

Calcium

- * Strengthen bones and teeth.
- * Promotes more fat to be burned and less fat to be stored.

Magnesium

- * Better sleep.
- * Contributes to the growth and strength of muscles.
- * Loosens tight muscles
- * Assists with enzyme function
- * Helps prevent stroke, heart disease and menstrual pain.

Zinc

- * Proper function of the immune and digestive systems.
- * Control of diabetes.
- * Reduction of stress.
- * Energy metabolism
- * Increased rate of healing for acne and wounds
- * Helps regulate cell production in the immune system.

B-6

- * Metabolism
- * Hormone Control
- * Skin Conditions

B12

- * Energy production and a decrease in fatigue and lethargy in the body.
- * Helps in healthy regulation of the nervous system, reducing depression, stress, and brain shrinkage.
- * Helps maintain a healthy digestive system.
- * Protects against heart disease by curbing and improving unhealthy cholesterol levels, protecting against stroke, and high blood pressure.
- * Essential for healthy skin, hair, and nails. It helps in cell reproduction and constant renewal of the skin.
- * Helps protect against cancers including breast, colon, lung, and prostate cancer.

Beta Phenylethylamine

- * Substance found naturally in chocolate

- * Ability to increase dopamine levels in the brain and blocks it from getting absorbed too quickly.
- * May help promote the release of acetylcholine, another powerful brain chemical which helps to support memory and cognition..
- * Improves mood.

Dark Cocoa Powder & Cocoa Powder

- * Contains iron, manganese, magnesium and zinc
- * Good source of flavonoids epicatechin and catechin, which function as antioxidants that help prevent systemic inflammation.
- * Epicatechin relaxes the muscles in blood vessels, which improves blood flow and helps lower blood pressure.

Dimethylamylamine (Geranium Extract)

- * Anti-Bacterial, Anti-Fungal & Antiseptic
- * Boosts Immunity
- * Anti-Hemorrhagic Agent
- * Boosts Metabolism

Green Tea Extract

- * Lowers total cholesterol and raised HDL (good) cholesterol
- * May help protect against cancer.
- * May help reduce inflammation in Chron's disease and Ulcerative Colitis (the two types of Irritable Bowel Disease).
- * Weight Loss

Polyphenols 40% ECGC

- * Potent antioxidants.
- * Increases metabolism
- * Burns fat
- * Reduces fat storage

Alpha Keto Glutaric Acid

- * Improves peak athletic performance.
- * Prevents muscle breakdown.

Cinnamon

- * Anti-inflammatory
- * Anti-microbial
- * Antitumor,
- * Cardiovascular



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