

**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 (6g), Servings: 120, Amount Per Serving: **Calories** 25, **Total Fat** 2g (3%DV), Saturated Fat 1g (5%DV), Trans Fat 0g, **Cholesterol** 0mg (0%DV), **Total Carb.** 3g (1%DV), Dietary Fiber less than 1g (2%DV), **Total Sugars** 2g, Includes 2g Added Sugars (4%DV), **Natural Plant Sterol Esters** 650mg (†), **Cocoa Flavanols** (approx.) 40mg (†)

\* Percent Daily Value (%DV) are based on a 2,000 calorie diet. † DV not established.

**Other Ingredients** Organic 66% 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**  
**66% CACAO MILD DARK CHOCOLATE**

**I N G R E D I E N T S**  
**ORGANIC FAIR TRADE DARK CHOCOLATE**  
 (ORGANIC FAIR TRADE CACAO BEANS, ORGANIC EVAPORATED CANE SYRUP,  
 ORGANIC FAIR TRADE COCOA BUTTER, ORGANIC SUNFLOWER LECITHIN)  
**CHOLESTACARE NATURAL PLANT STEROL ESTERS.**



**120 SIX-GRAM SQUARES**  
**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 mild dark chocolate creates the creamiest and most luxurious “milk chocolate-like” 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 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 mild **CHOCONUVO 66** was specifically created for those who enjoy the health benefits of mild dark chocolate, but prefer the mild taste and 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 66% mild 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 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.



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