

YOUNGevity® HEALTHY CHOCOLATE

Youngevity

LYP **TRIPLE & TRUFFLE™**
Chocolate

Antioxidant-Rich Premium
Dark Chocolate Truffles



THE CHOCOLATE YOUR BODY CRAVES™

Enjoy The Ultimate (Guilt-Free) Chocolate Experience!

There is nothing more indulgent than the sumptuous, velvety taste of deep dark chocolate. Chocolate is the world's most craved food, loved by many for its taste, smell, and its ability to make us feel happier. It's the ultimate comfort food!

Triple Truffle™ Chocolate



For more info on all of our healthy chocolate products, visit:
www.YGYHealthyChocolate.com



YP **TRIPLE TRUFFLE**TM Chocolate



Now you can satisfy your craving for chocolate and stay healthy too!†

As if there already weren't enough reasons to love chocolate, *Triple Truffle Chocolate* gives you even more. This premium dark chocolate is not only delectably smooth and delicious, it's also blended with health-giving nutrients such as antioxidants, calcium, Vitamin D, and mushroom extracts to help you build strong bones, boost your immune system, and support your overall health.† *Who knew something so good could also be good for you?*

- Tasty Treat for a Healthy Lifestyle†
- Supports Strong and Healthy Bones†
- Antioxidants to Combat Free Radicals†
- Supports Immune Function†
- Deliciously-Rich Dark Chocolate Truffle



- All-Natural
- Gluten-Free
- Sugar-Free
- Glycemic-Friendly
- Ethically-Traded
- Contains Calcium & Vitamin D
- No Preservatives



Treat #1 – Fair Trade, Kosher-Certified Cocoa

Aside from the fact that it's a very tasty treat, cocoa stimulates endorphin production, giving us the feeling of pleasure and satisfaction. Dark chocolate has many beneficial polyphenolic bioflavonoids that have powerful antioxidant properties which can actually help to protect you from damaging oxidative stress.[†]

Treat #2 – Calcium, Vitamin D and Magnesium

Calcium, Vitamin D and magnesium work together to build strong bones and teeth and support overall health. Calcium gives our body structure while co-factors like Vitamin D and magnesium ensure we absorb enough calcium from the foods we eat.[†]



Treat #3 – Reishi Mushroom Powder

Mushrooms have a long history of use in traditional Chinese therapy. Among the most potent are the Reishi variety, which contain powerful compounds called beta glucans and triterpenes. In research studies, Reishi mushrooms have been shown to benefit the immune system and support antioxidant activity.[†]

The Magic of Reishi Mushrooms

Mushroom of Immortality. Elixir of Life. For more than 2,000 years, Reishi mushrooms (*Ganoderma lucidum*) have been prized for their health promoting properties. In Chinese therapy, Reishi are thought to bring balance to a body that is out of equilibrium. Until recently, the numerous health benefits of Reishi were virtually unknown in the West. But both Eastern and Western research has begun to show what the ancients have known since time immemorial.

A Wide Range of Health Benefits

Reishi mushrooms have been shown to contain more than 400 different biologically active compounds, which seem to have a wide range of effects on human health. The most widely studied compounds are beta glucans and triterpenes.



Beta glucans are known to have powerful immune effects. They promote the activity of macrophages, specialized immune cells that serve as the first line of immune defense. Macrophages engulf bacteria and other foreign substances and they secrete cytokines, chemicals that, in turn, regulate the activities of other major immune cells called lymphocytes.¹ Beta glucans are also believed to support healthy cholesterol levels.^{2†}

Triterpenoids found in Reishi are called ganoderic acids. Ganoderic acids are thought to modulate the immune system, promoting activity in response to a perceived threat and slowing down activity when the immune response is excessive. Preliminary research suggests they may also support healthy cholesterol and blood pressure levels and liver function.^{3-5†}

The Bright Side of Dark Chocolate

The Kuna Indians, who live on the San Blas Islands off the coast of Panama, are noted for their exceptional cardiovascular health. In a 20-year study conducted by Harvard University, the Kuna were observed to have one-ninth the rate of heart-related conditions and one-sixteenth the rate of other age-related conditions as Panama mainlanders. The secret to their good health is thought to be in their diet: the Kuna consume up to five cups of cocoa per day.⁶

Cocoa contains one of the highest known concentrations of antioxidant-rich compounds called flavanoids in food. Antioxidants are believed to support healthy aging by neutralizing the effects of harmful molecules called free radicals. Additionally, flavanoids have also been shown to support cardiovascular function by promoting healthy blood pressure and cholesterol levels, and healthy blood flow.^{7†}

SOURCES:

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2. Keogh GF, Cooper GJ, Mulvey TB et al. Randomized controlled crossover study of the effect of a highly beta-glucan-enriched barley on cardiovascular disease risk factors in mildly hypercholesterolemic men. *Am J Clin Nutr*. 2003;78:711-18.
3. Yuen JW, Gohel MD. Anticancer effects of *Ganoderma lucidum*: a review of scientific evidence. *Nutr Cancer* 2005;53:11-7.
4. Lee SY, Rhee HM. Cardiovascular effects of mycelium extract of *Ganoderma lucidum*: inhibition of sympathetic outflow as a mechanism of its hypotensive action. *Chem Pharm Bull* (Tokyo) 1990;38:1358-64.
5. DH, Shim SB, Kim NJ, et al. Beta-glucuronidase-inhibitory activity and hepatoprotective effect of *Ganoderma lucidum*. *Biol Pharm Bull* 1999;22:162-4.
6. Fisher ND, Hollenberg NK. Aging and vascular responses to flavanol-rich cocoa. *J Hypertens* 2006 Aug;24(8):1575-80.
7. Kleen CL, Holt RR, Oteiza PI, Fraga CG, Schmitz HH. Cocoa antioxidants and cardiovascular health. *Am J Clin Nutr* 2005;81(1 Suppl):298S-303S.

ALL NATURAL • GLUTEN-FREE • SUGAR-FREE • GLYCEMIC-FRIENDLY
ETHICALLY-TRADED • CONTAINS CALCIUM & VITAMIN D • NO PRESERVATIVES

INGREDIENTS: Sugar-free Dark Chocolate Maltitol, Chocolate Liquor, Cocoa Butter, Anhydrous Milk Fat, Soy Lecithin (an emulsifier), Vanilla, Non-Hydrogenated Shortening (Organic Hexane-Free Palm Fruit Oil, Cold-Pressed High Oleic Sunflower Oil), Calcium Carbonate, Magnesium Glycinate, Organic Mushroom, Organic Brown Rice, Vitamin D3 [(Cholecalciferol, USP-FCC), Corn Oil].

ALLERGY INFORMATION: Contains: Soy. This product is manufactured on equipment that may also process milk, peanuts and other tree nuts, coconut, eggs and wheat.

FOR MORE INFORMATION, CONTACT:

Manufactured in the U.S.A.

Youngevity

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Nutrition Facts

Serving Size: 1 piece (12 g)

Servings Per Container: 20

	Amount per Serving	% DV*
Calories	60	
Calories from Fat	50	
Total Fat	5 g	8%
Saturated Fat	3 g	15%
Trans Fat	0 g	**
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	5 g	2%
Dietary Fiber	<1 g	2%
Sugars	0 g	**
Protein	0 g	**

Vitamin A: 0% • Vitamin C: 0%
Calcium: 50% • Iron: 4%
Vitamin D: 250% • Magnesium: 10%

** Daily Value not established.

* Daily Values (DV) are based on a 2,000 calorie diet for adults and children over 4 years of age.

Your daily values may be higher or lower depending on your calorie needs:	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat: 9 • Carbohydrate: 4 • Protein: 4

