

# Cocoa Ingredient Glossary

## Alpha-Glycerol Phosphoryl Choline

Recognized as a safe and healthy natural choline ingredient, Alpha-GPC encourages brain alertness and memory function. It is also a critical nutrient for muscle tone and helps with body shaping.\*

Alpha-GPC is a water-soluble choline ingredient. Choline is important in growth and early development, and beyond those stages, it is important for optimal functioning of our brain and liver. The composition is similar to that of B-vitamins. Most people report greater mental clarity and the ability to learn new things increases. It is generally held that 90 percent of the population does not get recommended daily allowance of choline through dietary sources. This basically means almost every person you pass on the street is likely a candidate who could benefit from using Alpha-GPC.\*

## Black Pepper Extract

Provides a standardized rich concentration of Piperine, a naturally occurring active compound in black pepper used primarily to increase bioavailability for optimum absorption and to get more benefit out of supplementation. Black pepper is also known for boosting metabolism and reducing oxidative stress.\*

## Chromium Polynicotinate

Most of us aren't getting enough Chromium due to the lack of it in our soil and water. Many of us also have a diet high in processed foods, white flour and junk food. Chromium regulates insulin, which helps reduce sugar and carbohydrate cravings.\*

Chromium Polynicotinate has been shown to possess high biological activity. Chromium is a mineral required for regulation of blood sugar. It is involved in the metabolism of glucose and is essential for energy and weight management.\*

## Cocoa Powder and Organic Raw Cacao

For centuries food technologists, scientists and researchers have studied the cacao bean for its natural essential mineral content, such as Magnesium, Calcium, Iron, Zinc, Copper, and Potassium. Cocoa is also a rich source of high-quality

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antioxidants called Polyphenols. A growing body of scientific evidence suggests that the intake of Cocoa Polyphenols may promote cardiovascular health by helping maintain healthy blood pressure and resisting plaque buildup in the blood vessels. It has also been associated with anti-platelet, anti-inflammatory, and improved metabolic and endothelial function.

Selecting a nutrient rich cocoa blend with decadent, creamy, rich taste of the Smart Cocoa makes this a unique one-of-a-kind product. Its taste, flavor and color are optimized by trained sensory analysts and food technologists. Revital U Smart Cocoa is not only a chocolate lover's delight but is chock-full of nutrients.

## Green Coffee Bean Extract/Natural Caffeine

Natural Caffeine from green coffee beans is known for its energy enhancing and thermogenic effects thereby increasing metabolism to assist in weight management, enhancing mood and maintaining energy to support increased activity level.\*

Caffeine is the most recognized ingredient associated with coffee. It's a natural occurring stimulant found within the coffee bean. Over the last few years, many positive health benefits of caffeine have been identified, such as providing more energy, sharper memory, increased athletic performance and longevity.\*

## Juglans Regia Bark Extract

An isomer, which is closely related to Octodrine, has been included in the formula to get the "full-spectrum" effect of nootropic ingredients. With a different nutritional structure, this extract works in harmony with Octodrine to greatly increase and sustain the nootropic effect.\*

## L -Theanine

Known as the "feel-good" amino acid, science shows that L-Theanine provides and assists with the calming effects on the brain, by nutritionally increasing the levels of serotonin and dopamine. It naturally provides a relief from anxiety and stress, which is a common cause for overeating and weight gain. L-Theanine is thought to weaken the negative side effects of caffeine. It's often used as part of a stack, "Caffeine plus L-Theanine" and is one of the world's most popular nootropic stacks. L-Theanine is an amino acid that purportedly provides assistance with stress and anxiety. The amino acid is derived from tea leaves. L-Theanine is not common in a standard diet - which is why most us get our L-Theanine content from supplements and our diet (it's found in green tea, for example).\*

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## L-Tyrosine

An amino acid used by human cells to synthesize proteins, L-Tyrosine is a precursor to neurotransmitters and helps boost noradrenaline and dopamine to increase focus, energy and mood. It occurs naturally in high protein foods such as chicken, fish, almonds, pumpkin seeds and sesame seeds. It is used for anxiety, stress, memory preservation, mood and concentration.\*

## MCT Oil

Medium-Chain Triglycerides (MCTs) are fats that are naturally found and extracted from the fruit of the coconut and are associated with its many health benefits. MCTs are known for providing quick energy and supporting a sharper brain. Scientists believe this nutrient rich oil encourages the body to use fat for energy instead of storing it within the body. Revital U has selected to use MCT Oil that is free of saturated fats in its creamer blend in Smart Cocoa to optimize taste in a health promoting manner.

## Monk Fruit Extract

Also known as Luo Han Guo, and used for its sweetening benefits, the Monk Fruit has become a very popular replacement for high calorie sweeteners. This exotic fruit has been grown in Asia for over 800 years. In its raw state it is believed to have antioxidant properties and has been used for centuries for medicinal purposes. Monk fruit sweeteners are extracted by removing the skin and the seeds and crushing the fruit to collect the juice. Revital U has chosen this exciting new sweetener because it provides an effective way to sweeten with zero calories and is a great complement to Stevia to round out the taste of Smart Cocoa.

## Nettle Root Extract

Protecting the cell membrane structure and keeping cholesterol in balance is an important step in maintaining good health. The Nettle Root Extract is a plant based herbal extraction that aids with retaining healthy blood sugar levels. This ancient herb assists and supports the body in maintaining good cholesterol by influencing how the body responds to sugar and nutritionally balances the cholesterol ratio.\*

## Niacin (Niacinamide)

An essential human nutrient and a form of B-vitamin (B3) that has been associated with heart health and healthy cholesterol levels. It is also used to aid in energy metabolism, nervous system support and nutrient absorption. This form does not cause a niacin flush.\*

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## Octodrine

This ingredient is believed to be effective in the breakdown of fat cells and weight management. Containing beneficial properties, Octodrine may effectively help boost and support the body through a natural balancing process of various metabolic functions.\*

It is also believed to enable anabolic response, which may help burn fat and control weight. Additionally, it may improve athletic performance and help improve mental focus and clarity.\*

## Octopamine

When you increase the body's metabolism, it results in helping the body burn calories and in the loss of body weight. Octopamine, which is found naturally in various foods, provides support and activity in fat metabolism.\*

It also may also stimulate Beta-3 Adrenergic Receptor, which is responsible for lipolysis (fat breakdown), and thermogenesis (fat burning).\*

## OmniMin™ AC

Specially formulated trace mineral blend of sea minerals that can be missing in standard diets. The trace minerals assist in healthy cellular function, nutrient uptake and energy.\*

## Organic Acacia Fiber

Sourced from the sap of the acacia tree, this ingredient is high in beneficial, heart healthy soluble fiber which increases the nutritional value while helping optimize the creaminess of the creamer blend in Smart Cocoa.

## Organic Coconut Oil

Referenced in many studies, Coconut Oil has been recognized for its benefits to help support cardiovascular function along with aiding in the improvement and efforts to maintain healthy and balanced cholesterol levels. This nutritious oil demonstrates many benefits from assisting in slowing the aging process to promoting healthy living.

## PEA (Phenylethylamine HCL)

Found in the plant kingdom, this ingredient functions as a neurotransmitter for the internal body communication providing the road for a better balanced system.\*

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Originally found in chocolate, it supports and promotes the feeling of fullness and satisfaction. Additionally, it stimulates neurotransmitters by releasing dopamine, improves mood, and increases alertness, focus and concentration.\*

## Sea Salt

A sprinkle of gourmet Sea Salt in the sophisticated union of organic chocolate rounds out the decadent taste of the Revital U Smart Cocoa. Harvested from the sea salt mines in Israel it brings a multitude of trace minerals and nutrients to help the body maintain a healthy balance.

## Stevia Leaf Extract

A plant-based sweetener extracted from the leaves of Stevia rebaudiana – a plant that is native to Paraguay and Brazil. The extract from this remarkable plant has been found to be upwards of 200 times sweeter than table sugar with zero calories, and is used as a safe supplement for the human diet. It has been chosen in our Smart Cocoa to round out the delicious taste... leaving the calories behind.

## Sucralose

Discovered twenty-years ago this highly popular sweetener is a substitute for calorie containing sugars. Used throughout the food industry and nutritional field it is a selected choice ingredient to help increase the sweetness in a product without the bitter after taste. In a miniscule amount, and as a complement to the plant-based Stevia and Monk Fruit sweeteners sucralose effectively helps round out the zero-calorie sweetener system in Smart Cocoa.

## Vinitrox™ (Fruit Extracts)

A combination of apple and grape extracts that produce a synergistic effect to increase Nitric Oxide levels in the body for healthy blood vessels, circulation and blood flow. It helps enhance performance and increases endurance. Vinitrox is also a powerful antioxidant.\*

## Xanthan Gum

Commonly used in foods, xanthan gum is a gluten-free polysaccharide derived through the natural fermentation process. It is used in Smart Cocoa to optimize its consistency and give it its preferred thicker texture.

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