HEALTH BENEFITS OF CACAOFRUIT FLAVANOLS

The health effects of cacaofruit flavanols have been studied for decades to find sound scientific proof of their benefits on human health and wellness. The effect on circulatory health is recognized by the European Food Safety Authority (EFSA) via the approval of a related health claim (pending FDA approval in March 2022).

'Cacaofruit flavanols help maintain the elasticity of blood vessels which contributes to normal blood flow to for example: heart, muscles, brain, and skin'*

*minimum 200 mg cacaofruit flavanols

Health effect depending on the daily cacaofruit flavanol intake:

	DAILY CACAOFRUIT FLAVANOL INTAKE	INSTANT EFFECT	1 WEEK EFFECT	LONG TERM EFFECT
Cardiovascular Health	min 250 mg		Lowered blood pressure	Blood Cholesterol impact after 4 weeks: LDL cholesterol decrease with +/-15 mg/dl HDL cholesterol increase with +/-3 mg/dl Total cholesterol decrease with +/-12 mg/dl
Brain Health	min 250 mg	Increased Alertness & Reaction Speed	Improved Blood Flow in Active Brain Regions	
	min 350 mg	Increased Focus and Accuracy		Improved Mental Health And Working Memory after 30 days
	min 600 mg			Improved Attention and Verbal Episodic Memory after 30 days
Skin Health	min 350 mg	Improved blood flow across the skin.		Protection against UV induced reddening after 3 months Positive impact on facial wrinkles after 6 months Improved skin elasticity after 6 months
Muscle Performance & Recovery	min 350 mg	Improved vascular function on the muscles.		
	min 600 mg		Vasodilatory effects of flavanols may contribute to improved delivery of blood.	

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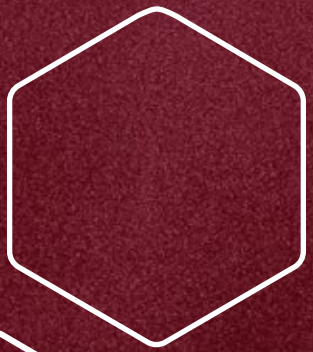

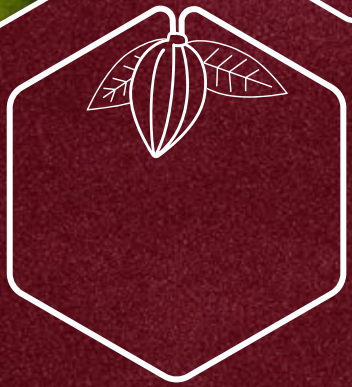

BARRY CALLEBAUT