



# The Healthy Chocolate

Xoçai™ Nuggets, the Ultimate Antioxidant Treat!

Xoçai™ (Shō-sái) – The name Xoçai™ consists of the first two letters of the Aztec word, “Xocolatl,” an ancient American chocolate drink, and the last three letters of “Açaí,” a berry found in the Amazon Rain Forest.

## What are Xoçai™ Nuggets?

Xoçai™ Nuggets are an extremely high cocoa content chocolate (70% Cocoa) which combine the exotic flavors of deep dark chocolate with Açaí and Blueberries. The Xoçai™ Nuggets, the “Healthy Chocolate”, are an alternative to the traditional chocolate consumed which is low in the antioxidant rich unprocessed cocoa powder and high in sugar. Treat yourself and those you love to the “Healthy Chocolate”, Xoçai™ Nuggets.

## We know chocolate

MXI Corp was established by the Founders of Pure De-lite Products, Inc. Pure De-lite™ is recognized as one of the leading distributors of low-carb, sugar-free chocolate in the United States. Pure De-lite™ chocolates have achieved top honors and accolades from companies such as the American Culinary Institute, CNN, and Health & Fitness as “The Best Low-Carb, Sugar- Free Chocolates” in the marketplace. For six consecutive years the best selling Pure De-lite™ product has been the antioxidant-rich dark chocolate bar.



## Dark chocolate comparison

<b>Xoçai™ Nuggets</b>	<b>ORAC: 3,120</b>	
Serving Size: 12g		
<b>Amount Per Serving</b>		<b>%DV</b>
<b>Total Calories</b>	70	–
Calories from Fat	40	–
<b>Total Fat</b>	5g	7%
Saturated Fat	4g	14%
Trans Fat	0g	–
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	10mg	0%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	1g	6%
Sugars	3g	–
<b>Protein</b>	1g	–

<b>Dove® Dark Bar</b>	<b>ORAC: N/A</b>	
Serving Size: 12g		
<b>Amount Per Serving</b>		<b>%DV</b>
<b>Total Calories</b>	70	–
Calories from Fat	40	–
<b>Total Fat</b>	4g	6%
Saturated Fat	2g	11%
Trans Fat	0g	–
<b>Cholesterol</b>	2mg	1%
<b>Sodium</b>	8mg	0%
<b>Total Carbohydrates</b>	7g	2%
Dietary Fiber	0g	0%
Sugars	7g	–
<b>Protein</b>	1g	–

# Chocolate Power

Cacao, or Chocolate, originated with the Olmec Indians in 1500 B.C.

Mayans and Aztecs used cacao in a royal chocolate drink called Xocolatl. Xocolatl progressed to a favored beverage of the European elite.

“The divine drink builds up resistance and fights fatigue. A cup of this precious drink (cacao) permits a man to walk for a whole day without food.” Montezuma II.

From antiquity to the present, chocolate has been one of the most beloved products, and for more than 90% of its history chocolate has been consumed as a beverage.

Although many health benefits have been attributed to chocolate during its 3,500-year history, the full extent of its contributions to human health is only now being brought to light through modern technology and research.

The Greek term “Theobroma Cacao” literally means “Food of the Gods.”

MXI Corp has perfectly balanced the flavor profile of Xoçai™ Nuggets while protecting the essential antioxidant properties in cocoa powder, known specifically as flavonoids.

Research has demonstrated that flavonoids play an important role in protecting the cacao plant. Further research has concluded that these same natural protective compounds in cacao beans, when consumed by humans, help maintain health by protecting cells from the damaging effects of free radicals.

## Açaí

The super antioxidant berry from the Amazon Rain Forest

Açaí (ah-sigh-ee) is a high-energy berry harvested on co-op farms from a special Amazon palm tree.

Açaí berries contain amino acids, essential fatty acids (Omega 6 and 9), and higher amounts of antioxidants than any other fruit.

The açaí berry has over 14 times more antioxidants than raw spinach, and 10 to 30 times more anthocyanins than red wine

Xoçai™ Nuggets are produced with rich Belgian unprocessed, nonalkalized, non-lecithinized cocoa powder that is high in antioxidants due to a closely monitored fermentation, drying, and cold-press process. Because these processes are closely monitored, Xoçai™ Nuggets deliver the optimum amount of the antioxidants found in the all-natural cocoa powder.

## The emerging world of antioxidants

What are antioxidants? Antioxidants are molecules which prevent the damaging effects of oxygen free radicals in the body. The damage caused by oxygen free radicals is called oxidation. Examples of oxidation are bananas turning brown when left on the countertop, or the rusting of iron.

### How are antioxidants measured?

The antioxidants in any food are measured by its capacity to absorb free radicals. ORAC (Oxygen Radical Absorbance Capacity) values as determined by the U.S. Dept. of Agriculture measure the capacity of a food to absorb oxygen free radicals. The chart to the right contains the ORAC values of several high-antioxidant foods.

### Indulge your health

The shocking good news is that dark chocolate is packed with potent antioxidants called flavonoids. Researchers have found

that flavonoids found in cocoa powder contain diverse beneficial phytonutrients and antioxidants.

Cacao beans contain over 300 chemically identifiable compounds making it one of the most complex food substances on Earth.

## The ORAC value of Xoçai™

The USDA website recommends a Daily Antioxidant Intake Range of 3,000 to 5,000 ORAC. However, recent studies have suggested that more active lifestyles require higher levels of antioxidants.

Xoçai™ Nuggets are produced with some of the world's most powerful super foods – unprocessed cocoa powder and the açaí berry. As a result, one Nugget taken three times per day exceeds the high end of the USDA's Antioxidant Recommended Daily Intake of 5,000 ORAC.

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### ORAC Values\* of Top Antioxidant Foods per 100 grams

Unprocessed Cocoa Powder	26,000
Açaí Berry	18,500†
Dark Chocolate	13,120
Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Strawberries	1,540
Spinach, Raw	1,260
Broccoli Florets	890
Red Grapes	739
Cherries	670

\*Source: Data from U.S. Department of Agriculture and the Journal of the American Chemical Society.

†Source: Brunswick Laboratories



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