

Chocolate Superfood



Clinical Applications

- Nutritious Phytonutrient Shake for Growing Bodies*
- Supports Overall Antioxidant Status in the Body*
- May Help Promote Growth of Beneficial Gut Bacteria*
- Supports Healthy Gastrointestinal Function*
- May Support a Healthy Response to Oxidative Stress *

Chocolate Superfood is a phytonutrient-packed blend of organic fruits, vegetables, greens, and fiber delivered in a delicious chocolate-flavored powder.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

This unique nutrient-packed powder is designed to support overall health and antioxidant status. It delivers inulin, which may help support healthy digestive function. This formula is designed for those interested in supplementing daily greens, fruits, and fiber intake, especially for those who do not consume the recommended daily amounts.

Need for Phytonutrients Healthy dietary intake is a major modifiable risk factor for noncommunicable disease and parameters associated with cognitive development and growth.¹ According to the 2020-2025 USDA Dietary Guidelines for Americans (DGA), children and adults in the U.S. consume insufficient amounts of vegetables and fruits per day.² The DGA recommends a minimum of 1 to 1.5 cups of vegetables and fruits per day for children 2 to 8 years old, and 1.5 to 2 cups of fruit and 2.5 to 3 cups of vegetables per day for those over 14 years old to help reduce the risk for diet-related chronic disease later in life, including cardiovascular disease (CVD), obesity, type 2 diabetes, and some cancers.^{3,4} However, only 7.1% of students met the DGA intake recommendations for fruits and only 2% met this for vegetables.³ Dietary patterns are not aligned with the DGA for young children who scored a Healthy Eating Index of 61 out of 100, indicating that their overall diet quality is poor. Evaluation of children 2 to 4 years old indicates they consume less than 1 cup of vegetables per day and that total fruit intake was adequate for only 60% of this population.² Increased intake of ultra-processed, energy-dense, nutrient-poor foods is associated with increased adiposity and risk of becoming overweight. In contrast, foods classified as healthy (low sugar and high in fruits and vegetables) were weakly associated with childhood obesity risk.⁵⁻⁷

A systematic review found that daily consumption of concentrated fruit and vegetable supplements significantly increased serum concentrations of antioxidant compounds and reduced homocysteine levels and markers of lipid, DNA, and protein oxidation.⁸ Additionally, nonvitamin antioxidants, such as anthocyanins and polyphenols, have been shown to significantly contribute more to the reduction of free radical processes.⁹ Another systematic review showed a positive correlation between healthy dietary pattern and intake of fruits and vegetables on mental health in preschoolers and school-aged children, including improved well-being, emotions, stress, behaviors, and depressive symptoms.¹⁰ This formula contains high-oxygen radical absorbance capacity (ORAC) OxyPhyte®, a proprietary blend of organic grape seed and skin extracts. Grape skin and seeds contain high amounts of antioxidant-rich polyphenols, specifically proanthocyanidins, that work to protect cells from oxidative stress.* Grape seed extract was shown in multiple experimental studies to provide benefits against inflammation, cardiovascular disease, obesity, hypertension, diabetes, cancer, microbial infections, ulcer, and even dental caries.¹¹⁻¹³

Acid-Alkaline Balance The acid-base balance is critical for maintaining physiological homeostasis. Modern diets, such as the standard American diet, are characterized by severe acid load due to the predominance of processed meats and high-glycemic load foods such as refined grains and sugars. Diets high in potential renal acid load (PRAL) induce a low-grade metabolic acidosis state, which may lead to chronic diseases and metabolic disorders.¹⁴ High PRAL diets are associated with insulin resistance, hypertension, chronic kidney disease, diabetes, nonalcoholic fatty liver disease, obesity, bone disorders, and other metabolic complications.^{14,15}

On the other hand, diets high in vegetables, leafy greens, and fruits can positively influence the acid-base balance within the blood and urine, helping shift the body to a more health-promoting alkaline status, which are suggested in the research to help prevent cardiovascular risk factors and diabetes.¹⁵ In vitro and animal models show that the phenolics and triterpenoids derived from vegetables and fruits exhibit high anti-inflammatory and antioxidative activities, as they are natural modulating agents of pro-inflammatory gene expression.^{16,17}

Benefits of Inulin Although inulin adds a subtly sweet flavor to Chocolate Superfood, it does not impact blood sugar levels. Studies demonstrate the health-promoting advantages of inulin, from supporting metabolic health to gastrointestinal health through its ability to modulate gut microbiota.¹⁸ Inulin is a natural polysaccharide that belongs to a group of nondigestible carbohydrates called fructans, and it is commonly used as a prebiotic fiber, sugar replacer, and functional ingredient to support gastric and metabolic health.¹⁹

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.



Absolute Health
7350 SW 60th Ave., Suite 2
Ocala, FL 34476
www.AbsoluteHealthOcala.com

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Supplement Facts

Serving Size 8 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	20	Organic Kale	
Total Carbohydrate	6 g 2%*	Organic Tomato	
Dietary Fiber	2 g 7%*	Organic Parsley	
Protein	1 g	Organic Spirulina	
Iron	0.6 mg 3%	Organic Nettle	
Potassium	80 mg 2%	Organic Broccoli Sprout	
Proprietary Fruit and Fiber Blend	2.6 g †	Organic Cauliflower Sprout	
Organic Inulin		Organic Kale Sprout	
Organic Blueberry		OxyPhyte® Grape Blend	206 mg †
Organic Cranberry		OxyPhyte® Grape Seed Extract	
Organic Raspberry		OxyPhyte® Grape Skin Extract	
Organic Açai			
Proprietary Vegetable and Greens Blend	1.2 g †		
Organic Carrot			
Organic Spinach			

Other Ingredients: Alkalinized cocoa, organic flavors, rebaudioside A (from organic *Stevia rebaudiana* leaf).

Directions

Mix 8 grams (approximately one scoop) in water per day or as recommended by your health care professional. Chocolate Superfood may also be blended with milk or other non-dairy milk substitutes.

Does Not Contain

Gluten, corn, yeast, dairy, fructose, soy, or artificial colors, sweeteners or flavors.



References

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