

paradisenutrients

# **COCOA BLITZ**

*Healthy Diet Drink*



# Why Cocoa Blitz?

- ✓ Metabolism Booster
- ✓ Energy Drink
- ✓ Weight Management
- ✓ Immune Support
- ✓ Skin Health
- ✓ Antioxidants
- ✓ Heart Health
- ✓ Blood Pressure
- ✓ Memory Support
- ✓ Plant Derived Minerals
- ✓ Vitamins
- ✓ Amino Acids
- ✓ Proteins
- ✓ Sugar Free
- ✓ Delicious



# paradisenutrients

## Cocoa Blitz

Ingredients:

- ✓ Natural Cocoa
- ✓ Garcinia Cambogia
- ✓ L-Glutamine
- ✓ L-Carnitine
- ✓ Colostrum
- ✓ Collagen
- ✓ PN Proprietary Blend Minerals
- ✓ Xylitol

Order code PN790

## Pure Natural Cocoa

GMO FREE

Component	Per 17g Serve	Per 100g
energy kj	871	1450
Protein	26.2	43.7
Fat		
Total	2.1	3.5
Saturated	1.4	2.4
Carbohydrates		
Total	22.4	37.4
Sugars	4.2	6.6
Sodium	13.5	22.6

Suggested use 17g per serve in 350 to 400ml of milk, skim milk or water depending on your own desired tastes.



Not to be used as a sole source of nutrition. Use in conjunction with a nutritious diet, exercise program or physical training. Not suitable for children under 16 years of age.

# Cocoa

Cocoa is thought to have first been used by the Maya civilization of Central America. It was introduced to Europe by Spanish conquerors in the 16th century and quickly became popular as a health-promoting medicine.

Today, cocoa is most famous for its role in chocolate production. However, modern research has revealed that it does indeed contain important compounds that can benefit your health. Polyphenols are naturally occurring antioxidants found in foods like fruits, vegetables, tea, chocolate and wine.

They have been linked to numerous health benefits, including reduced inflammation, better blood flow, lower blood pressure and improved cholesterol and blood sugar levels.

Cocoa is one of the richest sources of polyphenols. It's especially abundant in flavanols, which have potent antioxidant and anti-inflammatory effects.

Cocoa Blitz is made from all natural Cocoa and contains no synthetics as is the case with many other cocoa products.



# Weight Management

The Cocoa Blitz has all the ingredients you need to include this delicious drink into your weight management program.

Cocoa powder can increase fat metabolism. Supplementing your diet with natural or organic cocoa powder can improve your body's ability to metabolize fat and use it as energy.

By including Cocoa Blitz into your weight loss program you are ensuring you are also getting the minerals, proteins, vitamins, amino acids, and antioxidants your body needs all while on the go!

Research has found cocoa may help by regulating the use of energy, reducing appetite and inflammation and increasing fat oxidation and feelings of fullness.



# Obesity

Several factors can play a role in gaining and retaining excess weight. For many of us in our modern lifestyles of work, family and play means obesity can sneak up on us especially in later life.

These include diet, lack of exercise, environmental factors, and genetics. For many of us the world around us influences our ability to maintain a healthy weight. Where we live, not having area parks, sidewalks and affordable gyms makes it hard for people to be physically active.

Oversized food portions increase calorie intake, making even more physical activity necessary to maintain a healthy weight. Some people don't have access to supermarkets that sell affordable healthy foods, such as fresh fruits and vegetables. Food advertising encourages people to buy unhealthy foods, such as high-fat snacks and sugary drinks.



## Coffee Mix

Many of us can't get our day started without at least one cup of coffee.

Regardless of what we think of it, coffee has become the morning kick start drink of the world. It has become the pick-me-up in the morning.

Of course, not all people see coffee as the healthy kickstart but the good news is that by adding a tablespoon of Cocoa Blitz powder to your morning coffee is like a turbo blast to speeding up your metabolism. This could be your daily kickstart to your weight loss program.

Once your cup of coffee is brewed, mix in about a tablespoon of Cocoa Blitz powder. If you like a certain milk in your java, feel free to add a splash along with the powder. This delicious combination will accelerate your metabolism each time you enjoy it. For the chocoholics, this is yet another reason to indulge.



# Cocoa Blitz for Seniors

As the clock ticks down and we mature, we not only look older but the rest of our body is ageing as well.

Paradise Nutrients Cocoa Blitz is a delicious drink that will not only give you that special treat but also assist you through the latter years.

The Coca Blitz has ingredients that may assist with cardio and heart health, muscles, joint health, weight management, minerals, vitamins, amino acids, skin health, memory and much more.





# May Improve Symptoms of Type 2 Diabetes

Though overconsumption of chocolate is certainly not good for blood sugar control, cocoa does, in fact, have some anti-diabetic effects.

Test-tube studies indicate that cocoa flavanols can slow down carbohydrate digestion and absorption in the gut, improve insulin secretion, reduce inflammation and stimulate the uptake of sugar out of the blood into the muscles.

Some studies have shown that a higher intake of flavanols, including those from cocoa, can result in a lower risk of type 2 diabetes.

Additionally, a review of human studies showed that eating flavanol-rich dark chocolate or cocoa can improve insulin sensitivity and blood sugar control and reduce inflammation in diabetic and nondiabetic people.

Despite these promising results, there are inconsistencies in the research with some studies finding only a limited effect, slightly worse control of diabetes or, no effect at all.

Nevertheless, these results combined with the more concrete positive effects on heart health indicate cocoa polyphenols may have a positive impact on both preventing and controlling diabetes, though more research is required.



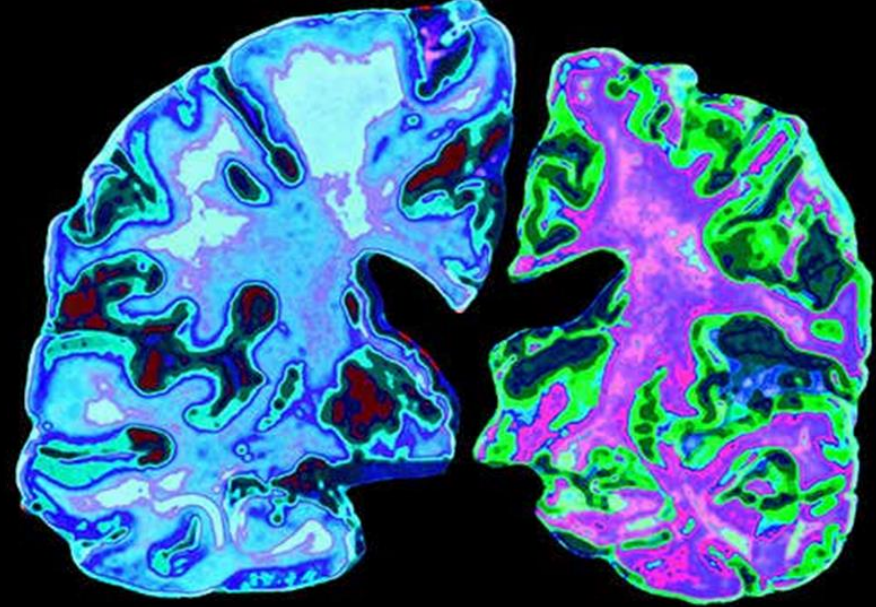
# Brain Health

Polyphenols Improve Blood Flow to Your Brain and Brain Function. Several studies have found that polyphenols, such as those in cocoa, may reduce your risk of neurodegenerative diseases by improving brain function and blood flow.

Flavanols can cross the blood-brain barrier and are involved in the biochemical pathways that produce neurons and important molecules for the function of your brain. Flavanols influence the production of nitric oxide, which relaxes the muscles of your blood vessels, improving blood flow and blood supply to your brain.

A two-week study in 34 older adults given high-flavanol cocoa found blood flow to the brain increased by 8% after one week and 10% after two weeks. Further studies suggest that daily intake of cocoa flavanols can improve mental performance in people with and without mental impairments.

These studies indicate a positive role of cocoa on brain health and possible positive effects on neurodegenerative diseases like Alzheimer's and Parkinson's. However, more research is needed.



## Improve Mood

In addition to cocoa's positive impact on age-related mental degeneration, its effect on the brain may also improve mood and symptoms of depression.

The positive effects on mood may be due to cocoa's flavanol, the conversion of tryptophan to the natural mood stabilizer serotonin, its caffeine content, or simply the sensory pleasure of eating chocolate.

One study on cocoa consumption and stress levels in pregnant women found that more frequent intake of cocoa was associated with reduced stress and improved mood in babies.

Furthermore, another study discovered that drinking high-polyphenol cocoa improved calmness and contentment. Additionally, a study in senior men showed that consuming natural cocoa was linked to improved overall health and better psychological well-being.

While the results of these early studies are promising, more research on the effect of cocoa on mood and depression is needed before health claims can be published.



**Best Foods For  
Happy Mood**

## May Reduce High Blood Pressure

Cocoa, both in its powdered form and in the form of dark chocolate, may be able to help lower blood pressure.

This effect was first noted in the cocoa-drinking island people of Central America, who had much lower blood pressure than their non-cocoa-drinking mainland relatives.

The flavanols in cocoa are thought to improve nitric oxide levels in the blood, which can enhance the function of your blood vessels and reduce blood pressure.

One review analysed 35 experiments that provided patients with 0.05–3.7 ounces (1.4–105 grams) of cocoa products or roughly 30–1,218 mg of flavanols. It found that cocoa produced a small but significant reduction of 2 mmHg in blood pressure.

Additionally, the effect was greater in people who already had high blood pressure than those without it and in older people compared to younger people

However, it's important to remember that processing significantly reduces the number of flavanols, so the effects most likely will not be seen from the average chocolate bar.



# Heart Health

In addition to lowering blood pressure, studies have shown that cocoa has other properties that may reduce your risk of heart attack and stroke.

Flavanol-rich cocoa improves the level of nitric oxide in your blood, which relaxes and dilates your arteries and blood vessels and improves blood flow.

What's more, cocoa has been found to reduce "bad" LDL cholesterol, have a blood thinning effect similar to aspirin, improve blood sugars and reduce inflammation.

A recent study has elaborated some inevitable benefits of cocoa which help strengthen cardiovascular health. It includes some rich catechin, epicatechin and procyanidin having antioxidant properties which protect cells and strengthen the heart.

Cocoa powder has also been known to fight blood cholesterol and high blood pressure, as well as fight build-up of plaque in the arteries. This results in a reduced risk of heart stroke and other heart diseases.



# May Have Cancer-Protective Properties

Flavanols in fruits, vegetables and other foods have attracted a great deal of interest due to their cancer-protective properties, low toxicity and few adverse side effects.

Cocoa has the highest concentration of flavanols out of all foods per weight and can significantly contribute to their amount in your diet.

Test-tube studies on components of cocoa have found that they have antioxidant effects, protect cells against damage from reactive molecules, fight inflammation, inhibit cell growth, induce cancer cell death and help prevent the spread of cancer cells.

Animal studies using a cocoa-rich diet or cocoa extracts have seen positive results in reducing breast, pancreatic, prostate, liver and colon cancer, as well as leukaemia.

Small human studies on cocoa and cancer suggest that it can be a powerful antioxidant and may play a role in cancer prevention. However, much more research is needed.



# Garcinia Cambogia

The active ingredient in Garcinia Cambogia is in the fruit's rind and is called Hydroxy citric acid or HCA.

Studies have shown that it has the ability to boost fat-burning and cut back appetite. It appears to block an enzyme called citrate lyase, which your body uses to make fat. It also raises levels in the brain of the chemical serotonin, which may make you feel less hungry.

## Blocked Fat Production

Some research indicates that garcinia cambogia (specifically, the hydroxy citric acid that the fruit contains) can actually stop the body from producing fat, and thus it can potentially catalyse weight loss.

It does this by inhibiting the effects of an enzyme known as citrate lyase. This enzyme plays a role in fat production. When citrate lyase is blocked, fat production also gets slowed down or blocked altogether.

Block citrate lyase helps to reduce triglycerides in the blood and reduces one's risk of weight gain.



# Cocoa and Stress

## Fights Stress:

Cocoa has been known to fight stress and improve mood. Raw cacao contains many essential vitamins and minerals that fight depression and reduce anxiety. Raw cacao contains the amino acid tryptophan, which helps enhance feelings of relaxation while boosting your mood and even improving your sleep. Your body converts L-tryptophan into one of the brain's most important "happy" chemicals, serotonin.

If you can naturally increase your brain's serotonin levels by consuming raw cacao, you might start noticing an improved mood and reduced anxiety.

This also may have a direct impact on your weight loss, as the level of stress may be directly proportional to the fat around your belly. When you're stressed, you don't have the energy to work out in a proper manner, which may also hamper weight loss.

Have a Coffee and Cocoa Blitz in the morning can set you up for better day with more energy and supercharge you libido.





# L-Carnitine

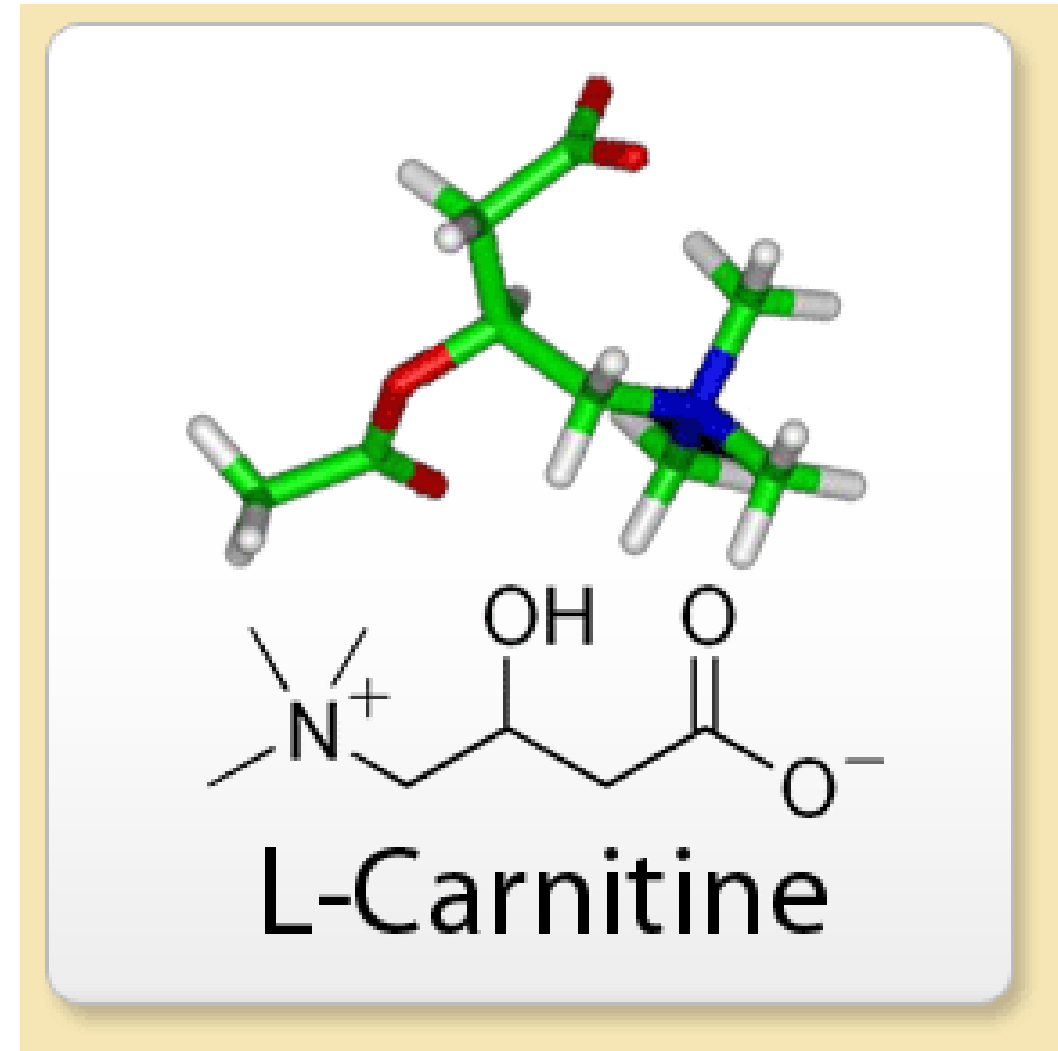
L-Carnitine is a naturally occurring amino acid derivative that's often taken as a weight loss supplement.

It plays a crucial role in the production of energy by transporting fatty acids into your cells' mitochondria.

The mitochondria act as engines within your cells, burning these fats to create usable energy.

Your body can produce L-Carnitine out of the amino acids Lysine and Methionine.

For your body to produce it in sufficient amounts, you also need plenty of Vitamin C and minerals, especially Chromium and Vanadium.



# L-Glutamine

L-glutamine is an ingredients included when we consider leptin resistance and muscle maintenance.

L-glutamine is an amino acid which is probably most well known for its ability to help improve your gut health by improving intestinal barrier function. It's most often used to treat conditions like leaky gut and to help manage and curb sugar cravings.

**L Glutamine** is the most common amino acid found in your muscles and can assist with muscle repair and immune recovery due to having a positive effect on the body's nitrogen levels.. During exercise **glutamine** levels become depleted which causes a decrease in strength, stamina and recovery.

**L Glutamine** also supports the immune system

**L-Glutamine** Cocoa Blitz comes from fermented pawpaw and is added to our ingredients as an odourless and tasteless powder providing all the benefits with out the taste.



# Zinc

Zinc has strong antioxidant properties that help your body with free radicals such as reactive oxygen species (ROS) - unstable molecules that damage cells and tissues.

Antioxidants like zinc and other minerals can counteract the oxidative stress from these free radicals. Oxidative stress over time can lead to chronic disease.

Zinc is a trace mineral and plays an important role in many wound-healing processes. From repairing membranes, coagulating blood, fixing tissues, forming scars and importantly your body's immune defence response.

Zinc is an essential mineral that regulates your health and your body's response to stress. Zinc helps blunt the release of cortisol, one of the stress hormones.

The problem is, chronic stress depletes Zinc, which causes your body to have a harder time controlling cortisol.



# Zinc

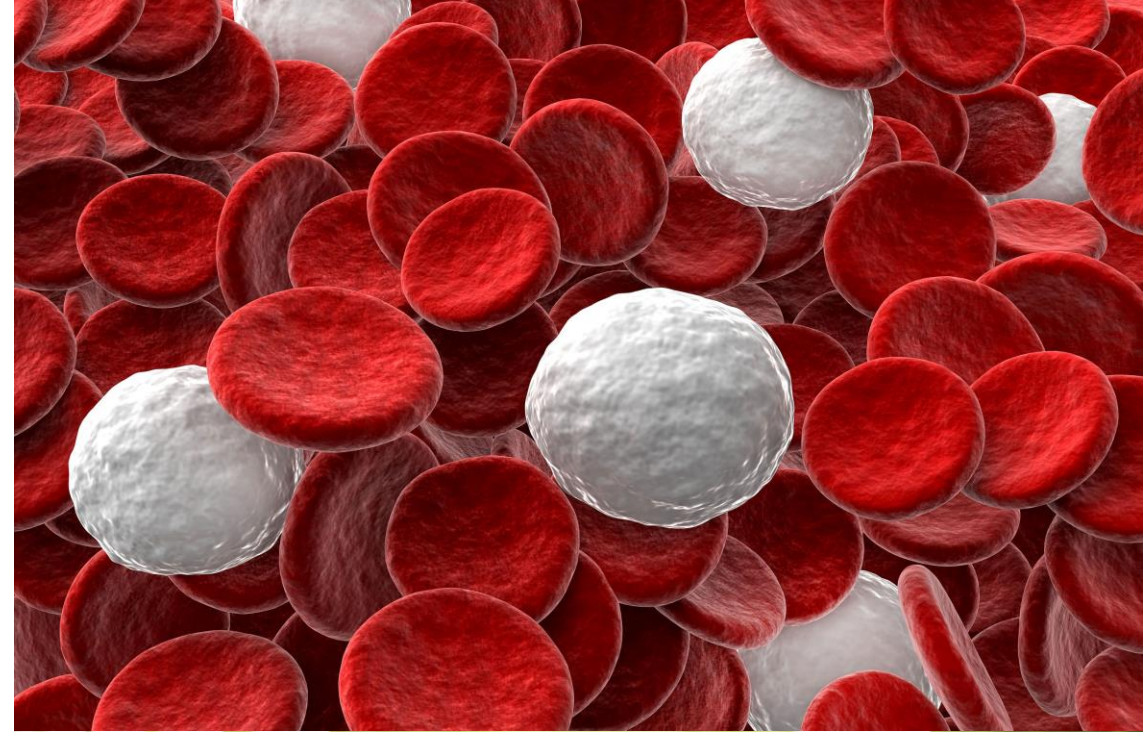
Low zinc levels in your body can affect your immune function by increasing your risk of getting an infection.

Zinc is critical for your body's ability to make immune cells and produce antibodies that are necessary for the immune response.

Without enough zinc, your body can't make and activate immune system cells like T-lymphocytes - white blood cells that shut down infection in cells.

Zinc should be present in every cell of your body. It's involved in over 300 enzymes and 1,000 transcription factors that are essential for cell division by copying DNA. Your health could become compromised if you don't get enough zinc in your diet.

As we grow older, it becomes even more important to ensure adequate daily top-ups of zinc and other nutrients because the ageing process makes the immune system more susceptible to weakening.



# Collagen

Our body's collagen production naturally begins to slow down as we age. We can thank this degenerative process for signs of ageing, such as; Wrinkles, sagging skin and joint pains due to weaker or decreased cartilage.

Taking collagen orally can improve skin elasticity, reduce wrinkles, and, increase skin moisture. Collagen peptides have their benefit including strengthening joints, improving sleep and accelerating weight loss.

Collagen is the most abundant protein in our bodies.

It's found in muscles, bones, skin, blood vessels, digestive system and tendons. It's what helps give our skin strength and elasticity, along with replacing dead skin cells. When it comes to our joints and tendons - in simplest terms, it's the "glue" that helps hold the body together.



# Colostrum

Bovine colostrum contains macronutrients, vitamins and minerals. It is especially high in protein compounds that regulate immune response and promote growth. These include lactoferrin, growth factors and antibodies.

While colostrum is rich in macronutrients, vitamins and minerals, its claimed health benefits are mostly linked to specific protein compounds which include:

**Lactoferrin.** Lactoferrin is a protein involved in your body's immune response to infections, including those caused by bacteria and viruses.

**Growth factors.** Growth factors are hormones that stimulate growth. Bovine colostrum is especially high in two of these protein-based hormones.

**Antibodies.** Antibodies are proteins also known as immunoglobulins. These are used by your immune system to fight bacteria and viruses. Bovine colostrum is rich in these antibodies.



## PARADISE NUTRIENTS COCOA BLITZ MINERAL ANALYSIS

**Please note:** This Nutritional panel uses the food standards Australia New Zealand nutritional calculator.

Nutritional Panel	AS PER 60g SERVE	AS PER 100g SERVE
<b>ENERGY(kJ)</b>	871	1450
<b>PROTEIN (g)</b>	26.2	43.7
<b>FAT</b>		
- Total (g)	2.1	3.5
- Saturated (g)	1.4	2.4
<b>CARBOHYDRATE</b>		
- Total (g)	22.4	37.4
- Sugars (g)	4.2	6.6
<b>SODIUM (mg)</b>	135	226
<b>Calcium (mg)</b>	139	1150
L-carnitine L-tartrate (mg)	30	50
Green Tea Extracts (mg)	60	100
Garcinia Camboghia (mg)	120	200
Green Coffee Bean Extracts (mg)	12	20

Vitamin & Minerals	Per17g serve	Per 100g serve
Vitamin A	0.55mg (50 %RDI)	500ug
Thiamine ( vitamin B1)	0.55mg (50 %RDI)	0.91mg
Riboflavin ( Vitamin B2)	0.5mg (50 %RDI)	0.21mg
Niacin (Vitamin B3	0.100mg (50 %RDI)	2.3mg
Folate	0100ug (50 %RDI)	28g
Vitamin B6	0.8mg (50 %RDI)	1.33mg
Vitamin B12	0.ug (50 %RDI)	1.6ug
Vitamin C	20mg (50 %RDI)	33mg
Vitamin D	0.5ug (50 %RDI)	8.3mg
Vitamin E	0.5mg (50 %RDI)	8.3mg
Calcium	200mg (25 %RDI)	133mg
Iodine	75ug (25 %RDI)	125ug
Magnesium	80mg (25 %RDI)	133mg
Phosphorus	250mg (25 %RDI)	416mg
Zinc	04.8mg (40%RDI)	8mg
Biotin	5ug	8.3ug
Pantothenic Acid	0.85mg	1.41mg
Chromium	34mg	56.6mg
Copper	0.50mg	0.83mg
Manganese	0.85	1.416mg
Molybdenum	42.5ug	70.8ug
Selenium	9mg	15mg

## 5.0 NUTRITIONAL PANEL

	AS PER 60g SERVE	AS PER 100g SERVE
<b>ENERGY(kJ)</b>	871	1450
<b>PROTEIN (g)</b>	26.2	43.7
<b>FAT</b>		
- Total (g)	2.1	3.5
- Saturated (g)	1.4	2.4
<b>CARBOHYDRATE</b>		
- Total (g)	22.4	37.4
- Sugars (g)	4.2	6.6
<b>SODIUM (mg)</b>	135	226
<b>Calcium (mg)</b>	139	1150
L-carnitine L-tartrate (mg)	30	50
Green Tea Extracts (mg)	60	100
Garcinia Camboghia (mg)	120	200
Green Coffee Bean Extracts (mg)	12	20



# Product Quality

Paradise Nutrients has a wide range of products from superfoods to listed medicines. From the growing of the quality Product quality is followed through every step of the process.

Our products are made in GMP and TGA certified facilities. The Therapeutic Goods Administration (TGA) is a Commonwealth Government agency that regulates medical devices, drugs, and listed medicines. Australian standards of quality, safety, and efficacy are included in the TGA Australian Register of Therapeutic Goods.

The ingredients in Paradise Nutrients products are chosen for nutrient quality, integrity, honesty and purity.

The quality process also coincides with the company's care of staff and the impact that the growing of the raw ingredients have on the environment.

Paradise Nutrients is committed to sustainable farming practices, minimising our carbon footprint on the environment without compromising the quality and efficacy of the products.



**Suggested use:** 17g per serve in 200 to 250ml of milk, skim milk or water depending on your own desired tastes.  
For best results use conjunction with Paradise Nutrients weight management program.

All material in this presentation is provided for your information only and may not be construed as medical advice, instruction or use as a diagnosis for any treatment or therapy. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

For more information on Paradise Nutrients Products, contact the person who gave you this presentation or Paradise Nutrients.

**Paradise Nutrients**  
**31 Lake Clarendon Road, Lake Clarendon**  
**Queensland, Australia 4343**  
**61 7 5466 5801 or 1800 503 688**  
**[admin@paradisenutrients.com.au](mailto:admin@paradisenutrients.com.au)**  
**[www.paradisenutrients.com.au](http://www.paradisenutrients.com.au)**