

Dr. Fuhrman®

PRODUCT FACTS

CHOCOLATE CHAGA

Supplemental cocoa flavanols enhanced endothelial function, leading to improved blood flow, according to a meta-analysis of 15 intervention studies on supplemental cocoa or chocolate.

Dr. Fuhrman's Chocolate Chaga Superfood Powder makes a healthful cup of hot cocoa whisked into hot water or plant-based milk.

ORGANIC COCOA POWDER

Cocoa beans, the seeds of the cacao fruit, like heart-healthy blueberries, strawberries, and raspberries, and green tea, are rich in phytochemicals called flavonoids, flavanols in particular. The research suggests flavonoids are quickly metabolized into compounds that alter cellular signals leading to anti-inflammatory effects and a boost to our natural antioxidant defenses.¹

Supplemental cocoa flavanols enhanced endothelial function, leading to improved blood flow, according to a meta-analysis of 15 intervention studies on supplemental cocoa or chocolate.² The endothelial function, anti-inflammatory and signaling effects of cocoa flavanols suggest cocoa could have protective effects on the cardiovascular system and the brain.^{1,3-5} Cocoa powder is a more concentrated source of cocoa flavanols compared to other chocolate products, such as dark chocolate, and contains no added sugars. A small dose of cocoa powder (such as in Chocolate Chaga) daily is a healthful addition to Nutritarian diet.

ORGANIC LUCUMA

Lucuma is a mildly sweet fruit grown in Peru. It is rich in beta-carotene and provides a total of 33 different carotenoids.^{6,7}



ORGANIC CHAGA AND REISHI MUSHROOM BLEND

Mushrooms contain immune-supporting polysaccharides called beta-glucans,⁸⁻¹⁰ among other healthful phytochemicals. Dr. Fuhrman recommends eating mushrooms daily and using powdered mushroom supplements to complement a healthful diet with different varieties of mushrooms.

ORGANIC MACA

Maca is a root vegetable from Peru that is part of the cruciferous family of vegetables, which includes broccoli, kale, turnips, radishes, and bok choy.¹¹

Caution: If you are pregnant, nursing, or on medication, consult with your healthcare practitioner.

CHOCOLATE CHAGA

Product Features

- 100% vegan
- Certified organic
- Contains an organic mushroom blend of Chaga and Reishi to promote good immune system function
- Organic cocoa powder provides beneficial cocoa flavanols
- Includes maca root, a cruciferous vegetable, and lucuma, a carotenoid-rich fruit, both native to Peru
- No added sugars
- Free of gluten, dairy, and soy

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CHOCOLATE CHAGA

Supplement Facts

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Serving Size: 1 scoop (2g)
Serving Per Container 60

Amount Per Serving	% Daily Value	
Calories	5	
Total Carbohydrate	1g	<1%*
Dietary Fiber	<1g	2%*
Iron	0.6mg	3%
Organic Cocoa powder	1.365 g	†
Organic Lucuma fruit powder	172.5 mg	†
Organic Mushroom Blend:	172.5 mg	†
Organic Chaga mushroom, Organic Reishi mushroom		
Organic Maca root powder	172.5 mg	†
Organic Chia seed protein	85 mg	†

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Suggested Use: Mix 1 scoop with 6 fl. oz. hot water and/or plant-based milk once daily.

These supplements have not been evaluated by the Food and Drug Administration.

Products listed are not intended to diagnose, treat, cure or prevent disease.

Does not contain: eggs, dairy, peanuts, tree nuts, fish, shellfish, soy, wheat, gluten

Not produced in an allergen-free or gluten-free facility. Produced in a facility with an allergen control program in place designed to properly handle, store and use materials in production to eliminate the risk of cross-contamination, in accordance with Good Manufacturing Practices (GMPs).