

Athletic Performance and Chocolate:  
**A Healthy Mix**



XOCAI  
HEALTHY CHOCOLATE

In recent years,  
chocolate seems to  
have come full circle.

Chocolate originated thousands of years ago as an energy-lifting, sustenance-giving drink; was transformed into an unhealthy indulgence in the 20th century; and now is once again being touted as a **“healthy” food.**

Scientists have long known that the cacao bean contains a variety of compounds and nutrients that can benefit athletic performance. In fact, a recent study from Indiana University found that chocolate milk provided better recovery results for cyclists than did standard athletic carbohydrate drinks.

## The Xoçai Advantage

Now, Xoçai offers a variety of healthy chocolate products that not only can benefit your overall health, but transform your fitness and athletic regimen as well.

As the leader in healthy chocolate, Xoçai's products are unique from any available today. Its proprietary processing, which retains cacao's powerful antioxidant properties and varied phytonutrients, is the basis of distinguished chocolate products that can increase energy levels, improve mental focus, accelerate post-exercise recovery and elevate your overall athletic performance.



## What's In Xoçai?

**Cacao:** Raw cacao is one of nature's most nutrient-dense foods. Xoçai's cacao is cold-processed with a proprietary method that preserves the vast array of antioxidant and other nutrient compounds. Research overwhelmingly shows that properly processed cacao is able to protect the body in a variety of ways.

**Açai:** This small, purple berry is a nutrient powerhouse, providing the body with amino acids, essential fats, vitamins, and minerals. It's also the second highest food source of antioxidants, with about 14 times more antioxidants than spinach and up to 30 times more antioxidants than red wine.

**Blueberry:** Blueberries consistently rank very high in antioxidant activity when compared to other fruits and plants. Blueberry's anthocyanins are the compounds responsible for its antioxidant and anti-inflammatory properties, and are linked to a number of health benefits.

# An Impressive Nutrient Profile

**B-Vitamins:** Needed for a variety of metabolic processes, including energy production, these are crucial for any athlete.

**Copper, Calcium, Zinc and Magnesium:** These minerals are involved in the maintenance of healthy musculoskeletal and cardiovascular systems, as well as energy production.

**Flavonoids:** This class of antioxidant polyphenols possesses potent free-radical fighting abilities that help reduce inflammation and muscle soreness after exercise. Polyphenols are also thought to be responsible for improved delivery of nutrients and blood flow through the relaxation of blood vessels.

**Vitamins C and E:** Like flavonoids, these vitamins are potent antioxidants that support immune function and healthy inflammation levels.

**Amino Acids:** Cocoa contains several amino acids (including leucine) that are known to be essential for the physical demands of athletic activities. Amino acids contribute to muscle growth and repair, as well as proper mental function.



**Theobromine, PEA, Tryptophan and Anandamide:** These brain-friendly chemicals help improve mood, increase focus and enhance overall mental function.

**Essential Fatty Acids:** EFAs such as omega-3 fats are essential for various body processes, and are potent anti-inflammatory agents as well.

**Phytosterols:** These compounds are powerful protectors of the heart and blood vessels.



## 6 Reasons Athletes Should Try Xoçai

**1. Boosts Energy:** Xoçai's unique formulation of cold-processed cacao, açai and blueberry delivery an array of energy-revving nutrients that result in an energy boost that is safe, effective and all-natural.

**2. Accelerates Recovery:** Research shows that dark chocolate possesses distinct anti-inflammatory properties. This means it can reduce the soreness and pain associated with athletic activity. Studies also show chocolate is more effective than popular sports drinks because it provides carbohydrates to replenish muscles.

**3. Enhances Mental Activity:** Xoçai contains various nutrients—including theobromine, essential fats and amino acids—that improve mental concentration, focus and mental energy.

**4. Suppresses Appetite:** Studies also suggest that cacao can suppress appetite, thereby making it conducive to achieving weight-loss goals.

**5. Protects Cells:** Xoçai's potent antioxidant abilities protect the body's cells, tissues and organs. This allows the body to function at its optimal capacity for more intense training.

**6. Is Clean and Drug-Free:** Xoçai's all-natural products do not contain any ingredients that are banned by the various anti-doping agencies and major athletic organizations.

*Can Xoçai really help you? Read on to discover how athletes like yourself have discovered the benefits of healthy chocolate in their various athletic activities and competition.*



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*...Significant relief for the aches and pains.*

## J.J. Birden

Retired NFL Wide Receiver

Xoçai's healthy chocolate products are the first I have taken where I've noticed significant relief for the aches and pains that resulted from nine years in the NFL. In a short time after first consuming the products, I felt the natural benefit and high antioxidant power. The products not only bring relief to the daily aches and pains, they also provide me with the energy I need to attack each day with a positive attitude.



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*...Less joint pain and soreness  
after workouts*

## Laura Holbrook

Nutritionist, Yoga Instructor

I am a certified nutritionist, yoga instructor and a mother of four. When I was introduced to Xoçai: The Healthy Chocolate, I wondered how chocolate could be healthy. It tastes incredibly delicious! My health and my family's health have improved. I sleep better, have more energy for workouts and experience less joint pain and soreness after workouts. Most amazing to me is that I don't crave sugar anymore.



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*...Amazing results from using Xoçai*

## Robert Follis

Martial Arts Coach

As one of the top Mixed Martial Arts coaches in the world I am always looking for ways to better help prepare my athletes. When a friend of mine told me about Xoçai: The Healthy Chocolate I was intrigued and decided to give it a try. It didn't take long to notice a difference in how well I slept, in my level of energy and in my curbed desire to eat sweets. I have noticed some amazing results from using Xoçai.



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*...My numbers were off the charts,  
in a good way.*

## Wally Joyner

Retired MLB Player, Batting Coach MLB

A few months ago a friend gave me some of Xoçai's healthy chocolate and told me it was good for me. I laughed! However, I told him I'd try it for six weeks, as he assured me that I'd have some wonderful health benefits. I just had a routine annual physical, and I found that after trying the Xoçai chocolates, my numbers were off the chart—in a good way! I have had a history of average results in physicals over the last 17 years and I was thrilled with these results!



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*...My body seems to work more efficiently*

## Diane Bellefontain

Fitness Professional

I have been involved in the fitness industry for over thirty years. My life and passion is all about health and fitness. I was introduced to Xoçai a little over a year ago and I was very excited about consuming healthy chocolate on a daily basis. Since eating the Xoçai products, I find that I sleep better, I am more alert, I have more energy, and my body seems to work more efficiently. I don't have the post-workout aches and pains or soreness that started when I turned fifty.



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*...I was astounded by how great I felt*

## Erica Witter

Olympic Medalist

As a former Olympian and a Doctor of Chiropractic Medicine, I work with many athletes—ranging from high school students to Olympians—all of whom are searching for a product that can give them that edge. Once I started taking Xoçai I noticed an increase in my energy level throughout my day, and a decrease in muscle soreness after an intense weight-room workout. I was astounded by how great I felt and how focused I had become with my athlete patients. This product can certainly provide the desired edge that many are looking for, whether they are athletes, a weekend warrior, or someone needing to change their lifestyle habits.



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*...Endurance and stamina during my workouts*

## Steve Brisbois

Mr. World Bodybuilder

As a fitness and nutrition instructor of over 25 years, and a former world champion bodybuilder, I've seen a lot of fads. I figured this was one of them. But once I learned more about the many benefits Xoçai chocolate offers I was sold. I've noticed an increase in endurance and stamina during my vigorous workouts. Xoçai chocolate is unprocessed and loaded with antioxidants. It also has the benefit of açai berries, which offer amazing health benefits.



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*...Mentally prepared for  
the race*

## Randy & Karen Becker

NASCAR

Shortly after our doctor introduced us to Xoçai we immediately began to see great health benefits. We knew we had to do everything we could to share Xoçai with others. We own six NASCAR racecars and an 85-foot hauler that travels the West Coast Circuit. Derek, our son, will be the driver of the brand-new Xoçai NASCAR Race Car at the Las Vegas Motor Speedway. Derek has joined a growing group of professional athletes by incorporating Xoçai into his daily diet to not only be physically fit, but more importantly, mentally prepared for a race.



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*...Fewer aches and pains*

## Sven Tumba

Ice Hockey Player, Footballer, Golfer

As a former captain for the Swedish Ice Hockey Olympic team, player for the Swedish National Football (soccer) team, and having had a very successful golfing career, I know what it takes to compete and excel at the highest level of competition. Since eating Xoçai healthy chocolate I have seen how beneficial it is for any athlete to eat Xoçai regularly. Now that I am in my seventies, Xoçai gives me more energy and has enhanced my focus while on the golf course with fewer aches and pains the next day. It also has vastly improved my digestive system! I love Xoçai healthy chocolate.





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