

## Robert Follis

Martial Arts Coach



## Merle Katz

Personal Trainer



## Wally Joyner

Retired MLB Player

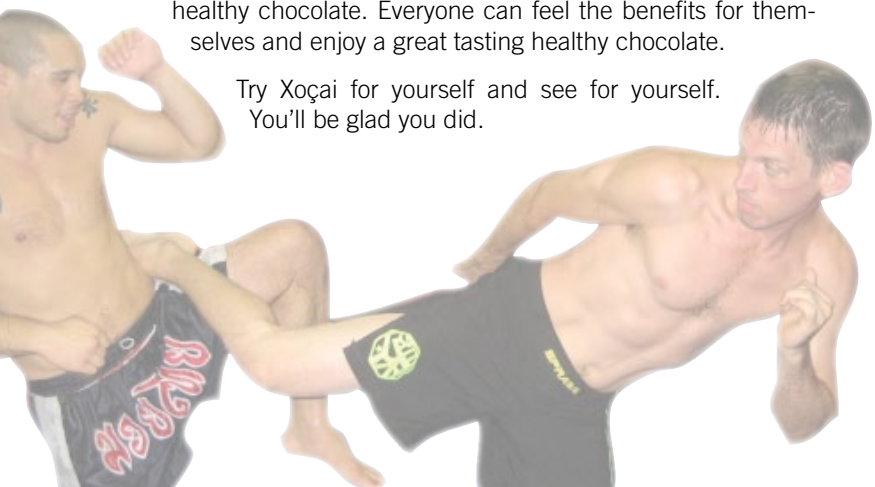


### Martial Arts Coach Recommends Xoçai

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.

Having a tool like this to share with my athletes has been awesome. They are able to feel like they're cheating while in fact they are getting much needed antioxidants and all the benefits that come from it. We have noticed some amazing results from using Xoçai. You don't have to be a top level athlete to enjoy the benefits that come from eating this healthy chocolate. Everyone can feel the benefits for themselves and enjoy a great tasting healthy chocolate.

Try Xoçai for yourself and see for yourself. You'll be glad you did.



### Female Personal Trainer and Educator Finds Joy, Health in Chocolate

I am a 55 year-old personal trainer and, as a fitness professional, I am ardently devoted to helping others both reshape and condition their bodies, and ultimately transform their lives. My top passion is educating and promoting the importance of the role of prevention of disease in maintaining one's health.

I was introduced to Xoçai four months ago, and I immediately began to consume it on a daily basis. Since beginning a daily regimen of Xoçai, I have experienced such positive benefits as improved quality and duration of sleep, increased stamina, reduced sugar cravings and an overall happier mood. As a female personal trainer, healthy chocolate fits right in line with my nutritional beliefs, as well as my occasional sweet tooth. Thus, Xoçai not only provides me with a daily intake of high grade antioxidants and superior nutrition, it also allows me to enjoy eating one of my favorite and previously considered "forbidden" foods.

I want to live a long life in a healthy, agile body and sound mind. I believe Xoçai products are the perfect products to help me achieve this worthy goal. I have always believed that living a healthy lifestyle is commendable and rewarding, but doing it while eating chocolate is, as they say, priceless.

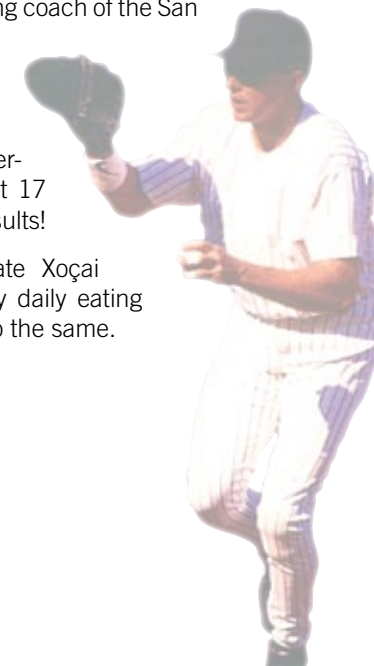


### Batting Coach Discovers Healthy Chocolate

If you would have told me five years ago that I'd be talking about healthy chocolate, I would have said you were crazy. 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 take it faithfully for six weeks as he assured me that I'd have some wonderful health benefits.

Boy did I ever! Being the current batting coach of the San Diego Padres, and having just had a routine annual physical, 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 of physicals over the last 17 years and I was thrilled with these results!

I will always have the healthy chocolate Xoçai in my home and make it part of my daily eating regime. I would highly suggest you do the same.



## Xoçai™ Products



### Xoçai™ X Powerhouse Cookies

- Loaded with Xoçai's antioxidant-rich, all-natural healthy chocolate and freeze-dried açai
- High in Fiber. Brunswick Labs Certified 11,115 ORAC per cookie!



### Xoçai™ X Power Squares™

- Brunswick Lab Tested - 3,582 ORAC!
- High level of antioxidants
- Loaded with epicatechins, catechins, and other flavonoids
- Diabetic friendly



### Xoçai™ Nuggets

- Each 12-gram nugget has an ORAC value of 3,120
- The Nuggets are extremely high in cocoa content
- Exotic flavors of dark chocolate with açai berries and blueberries



### Xoçai™ Omega Squares

- Provides a much needed source of Omega-3 fatty acids
- Each serving has an amazingly high ORAC value of 11,319
- Complimented with orange oils and orange peels to provide a pleasant taste



### Xoçai™ Protein Bar

- Each bar delivers an ORAC value of 4,066
- The ultimate low-calorie, high-protein "meal on the go" protein bar



### Xoçai™ Activ™

- High antioxidant unprocessed cacao, açai berries, blueberries, and concord grapes
- Activ has an ORAC value of 4,275 per ounce
- No artificial flavors, artificial colors, preservatives, or added caffeine

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Athletic Performance &

# CHOCOLATE

A Healthy Mix



## Athletic Performance and Chocolate:

# A HEALTHY MIX

In recent years, chocolate seems to have come full circle. Chocolate originated thousands of years ago as an energy lifting, sustenance giving drink. Eventually it was transformed into the unhealthy indulgence it has been in modern times. Now it 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 the University of Indiana found that chocolate milk provided better recovery results for cyclists than did standard athletic carbohydrate drinks. And many in the running, biking and racing worlds are now enthusiastically embracing chocolate milk as their recovery drink of choice.

### So what's in chocolate that can assist an every-day athlete?

**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 a healthy musculoskeletal and cardiovascular system, as well as energy production.

**FLAVONOIDS:** This class of antioxidant polyphenols possesses potent free-radical fighting abilities. This is important as exercise increases the oxidative damage occurring in the body, which contributes to inflammation and muscle soreness.

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

**AMINO ACIDS:** Cocoa contains several amino acids (including leucine), which are known to be essential for the physical demands of athletic activities. Amino acids contribute to muscle growth and repair, as well as maintenance of the musculoskeletal system.

Read on to discover how athletes like you have discovered the benefits of chocolate and cacao in their activity and competition.

## J.J. Birden

Retired  
NFL Wide  
Receiver

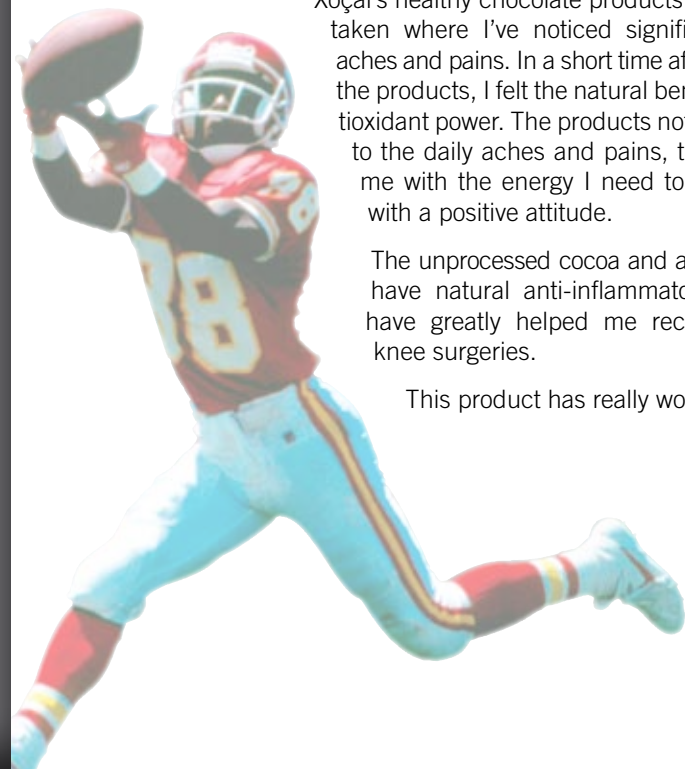
### Retired NFL Player finds Relief

Since retiring as a Wide Receiver in the NFL, I have tried various products to relieve the physical discomfort I experience due to the pounding I took for nine years from some of the biggest and strongest athletes in the world.

Xoçai's healthy chocolate products are the first I have taken where I've noticed significant relief to my aches and pains. 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.

The unprocessed cocoa and açai berry ingredients have natural anti-inflammatory capabilities that have greatly helped me recover from previous knee surgeries.

This product has really worked for me.



## Bryan Barker

Former  
NFL Punter

### NFL Veteran Punter Enjoys Xoçai's Benefits

My name is Bryan Barker and I am proud of my 16 years in the NFL where I set several punting records, participated in the Pro Bowl, and became only the 4th punter in NFL history to play past the age of 40.

Throughout my career, I tried many nutritional supplements, vitamins and diets with varying degrees of success. Now my family and I are currently enjoying the taste and benefits of Xoçai's healthy chocolate.

I enjoy sharing my passion for this company and its healthy chocolate. With my enthusiasm for the products, as well as the popularity of chocolate worldwide, I am truly excited to be a promoter of this fine product.



## Laura Holbrook

Nutritionist,  
Yoga  
Instructor

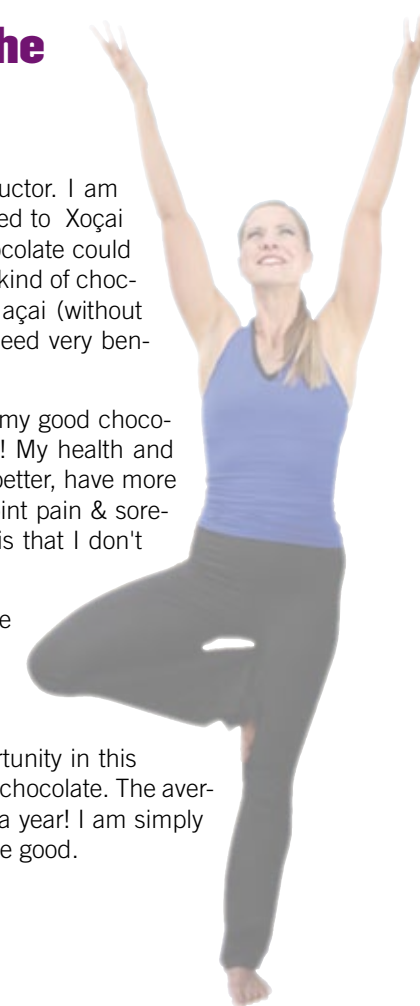
### Improved Health For The Whole Family

I am a certified nutritionist and yoga instructor. I am also a mother of four. When I was introduced to Xoçai the healthy chocolate, I wondered how chocolate could be healthy. I soon discovered that the right kind of chocolate, made with unprocessed cocoa and açai (without the sugars, fats, waxes and fillers) was indeed very beneficial to our health.

The good news is that I don't forget to eat my good chocolate everyday! 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 & soreness after workouts. Most amazing to me is that I don't crave sugar anymore.

I especially appreciate that this chocolate is not highly glycemic. My oldest daughter has type I diabetes. She can eat Xoçai chocolate because it is diabetic friendly.

We have a truly unique product and opportunity in this healthy chocolate. 9 out of 10 people crave chocolate. The average person consumes 12 lbs of chocolate a year! I am simply teaching people to substitute the bad for the good.



## Tracie Reid

Recreational  
Runner

### Skeptic Cannot Deny Benefits

As a full time working mother, it's been challenging to maintain my active and healthy lifestyle. As I've matured, I've noticed my energy level isn't quite the same; fatigue sets in quicker, muscles and joints ache after less exercise and allergies have been more pronounced. When a good friend from college introduced me to Xoçai the healthy chocolate, I was skeptical. I doubted many of the health properties associated with dark chocolate.

Almost as a challenge to prove the health properties wrong, I began consuming Xoçai, along with my entire family. Within the first day, my mother noticed the appetite suppressant properties that lead to much welcomed weight loss. My son's increased energy on the football field led to his entire football team consuming the chocolates. As for me, my allergies greatly improved. My mood was one of euphoria and I could remain active for much longer periods of time without the quick onset of muscle fatigue. After sharing Xoçai with other friends and seeing them also benefit from Xoçai, I'm a tried and true Xoçai believer. Here's to good health - the healthy Xoçai way!

