

YOUNGEVITY® HEALTHY CHOCOLATE

Youngevity®  
*Triple Treat*  
*BF* Chocolate™

Antioxidant-Rich Premium  
Dark Chocolate with Probiotics



THE CHOCOLATE YOUR BODY CRAVES™



# Enjoy The Ultimate (Guilt-Free) Chocolate Experience!

Now you can indulge your sweet tooth with delectable dark chocolate and savor cutting-edge science at the same time. That's because Youngevity's® new Triple Treat™ Chocolate blends antioxidant-rich cocoa and wild-craft blueberries with probiotics, live bacteria that improve your intestinal balance of good versus bad microorganisms, boosting overall health and helping fight off disease.



For more  
information  
on all of our  
chocolate products, please visit:

[www.YGYHealthyChocolate.com](http://www.YGYHealthyChocolate.com)





Enjoy the health-promoting benefits of **cocoa**, **antioxidant blueberries** and **probiotics** while you satisfy your desire for chocolate!



## *Treat #1 - Fair Trade, Kosher-Certified Cocoa*

Aside from the fact that it's a tasty treat, cocoa stimulates endorphin production, giving us the feeling of pleasure and satisfaction. Boasting a healthy dose of serotonin (a mood lifter) and theobromide (a natural stimulant), cocoa contains healthy fats which do not impact cholesterol levels in healthy adults. Dark chocolate has many beneficial polyphenolic bioflavanoids that have powerful antioxidant properties which can actually help to protect you from damaging oxidative stress<sup>†</sup>. Harvard researchers recently found that cocoa flavanols (protective substances that are also abundant in dark chocolate) help improve blood flow to the brain, which could slow the mental decline that occurs as you age.

## *Treat #2 – Super-Antioxidant Blueberries*

Our Wild Blueberries are super-rich in antioxidants. Antioxidants are warriors against free-radicals, the chemical buzz-bombs that compromise our health on a daily basis. Long touted as being an excellent source of dietary fiber, manganese and Vitamin C, Blueberries have gained popularity as antioxidants due to their high ORAC value. Naturally fat-free, Blueberries have also been found to be beneficial in supporting urinary tract health. Although Blueberries are present in Youngevity® Triple Treat™ Chocolate, the only taste you will detect will be rich, creamy, chocolaty goodness!







## *Treat #3 – Proprietary Probiotic Blend*

What is a probiotic? Probiotics are microorganisms which are beneficial to the body by providing microbial balance to the intestine. According to the *World Health Organization*, by definition, a probiotic must be alive, beneficial and safe. Until now, the most common source of probiotics have been dairy products such as active yogurt cultures. Probiotics are beneficial in supporting regularity, healthy cholesterol levels, healthy blood pressure levels, and optimal immune function<sup>†</sup>. Because our probiotics are suspended in chocolate, 80% of the healthy bacteria will pass through to the intestine, which is exactly where it needs to be to do its job. That's a much higher pass-through than you will find with most yogurts! There are over 500 million live healthy bacteria for every 8 grams of chocolate at the time of manufacture. The effective level will be maintained at least to the end of the “best by” date on the package.



### *Probiotics – The Friendly Bacteria*

Probiotics are defined as “live microorganisms which, when administered in adequate amounts, confer a health benefit,” according to 2002 guidelines developed by the World Health Organization and the United Nations.

Microorganisms are tiny living organisms such as bacteria, viruses and yeasts that can be seen only under a microscope. How your body interacts with these little living things—and how they interact with each other—are crucial to health and well-being.

According to the *National Center for Complementary and Alternative Medicine*, this bacterial balancing act

can be thrown off in two major ways:

- 1) When antibiotics wipe out friendly bacteria in the gut along with the unfriendly germs and
- 2) When disease-causing microorganisms dominate the intestines and fuel a long list of maladies, including diarrhea, irritable bowel syndrome, gum disease, urinary tract infections, respiratory problems and skin conditions.

Probiotics aid digestion and have shown promise in helping to lower LDL, or “bad,” cholesterol. In fact, clinical trials are in full swing on the role that healthy bacteria may play



## *Get The Real Skinny on Chocolate!*

In a recent 80-day Swedish study, volunteers who took probiotics were less than half as likely to require sick days for respiratory or gastrointestinal illness as those who were taking placebos. A study of children in day-care settings showed a similar benefit. And in another study in Japan, researchers found that participants in the probiotic group experienced a 1.4 percent drop in body weight, along with a 1.8 and 1.5 percent reduction in hip and waist circumference, respectively, over 12 weeks. No changes were observed in the placebo group.

A major component of cocoa is theobromine, widely regarded as the “feel good” ingredient in chocolate. Boasting both diuretic and stimulant properties, in clinical studies, theobromine has been found to reduce food intake while fighting the common emotional drawbacks of dieting. While it shares some of the same attributes as caffeine, it

doesn't have the same “surge and crash” effect on the body. Theobromine's effect is slower, smoother and longer lasting with only a mild influence on the central nervous system versus caffeine's high impact. So, you get that dreamy feeling of complete satisfaction – without the guilt!



in supporting the body's immune system. With positive scientific evidence piling up, new probiotic products are hitting the market every day. The surge is no doubt being driven, at least in part, by the fact that some 95 million Americans suffer from digestive problems. However, the exciting news is that probiotic health benefits appear to extend far beyond digestion. Add the ideal gastrointestinal delivery system of chocolate—plus the amazing taste and antioxidant bonus—and you can see that Youngevity's *Triple Treat™ Chocolate formula is a triumph!*

People have been able to buy probiotics in the refrigerated section, but now our industry has been able to shelf-stabilize live cultures, and nothing has been as interesting as probiotic chocolate. If probiotics are dried and stabilized properly, they remain alive (although dormant) and start to

grow again after they reach the moist environment inside your body.

The science shows that chocolate delivers the beneficial bacteria in a better way than yogurt. That's because traveling through the digestive tract is a tough trip. Stomach acid, digestive enzymes and bile can break down probiotics, making it virtually impossible for them to wage war with harmful bacteria. Triple Treat™ Chocolate, on the other hand, encapsulates *Lactobacillus helveticus* and *Bifidobacterium longum* in such a way that at least 80 percent of these beneficial bacteria reach the large intestine to do their job. Studies show that this delivery method is about three times more effective than most probiotic yogurt, with a longer shelf life to boot.



# ALL NATURAL • GLUTEN-FREE • DAIRY-FREE GLYCEMIC-FRIENDLY • FAIR TRADE COMPLIANT

**INGREDIENTS:** Dark Probiotic Chocolate [Chocolate Liquor, Sugar, Cocoa Butter, Soy Lecithin (an emulsifier), Microencapsulated Lactobacillus Helveticus R0052 (Vegetable Fatty Acids, Lactobacillus Helveticus R0052, Maltodextrins), Microencapsulated Bifidobacterium Longum R0175 (Vegetable Fatty Acids, Bifidobacterium Longum R0175, Maltodextrins), Vanilla], Quercetin Extract Powder, Wild Blueberry Extract.

**ALLERGY INFORMATION:** Contains: Soy. This product is manufactured on equipment that may also process milk, peanuts and other tree nuts, coconut, eggs and wheat.



Youngevity® Healthy Chocolate  
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1-800-982-3189  
[www.YGYHealthyChocolate.com](http://www.YGYHealthyChocolate.com)

Kosher Certified



## Nutrition Facts

Serving Size: 1 piece (8g)

Servings Per Container: 20

	Amount per Serving	% DV*
<b>Calories</b>	40	
Calories from Fat	25	
<b>Total Fat</b>	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	**
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	0mg	0%
<b>Total Carbohydrate</b>	5g	2%
Dietary Fiber	<1g	2%
Sugars	3g	**
<b>Protein</b>	0g	**

Vitamin A: 0% • Vitamin C: 0%  
Calcium: 0% • Iron: 2%

\*\* Daily Value not established.

\* Daily Values are based on a 2,000 calorie diet for adults and children over 4 years of age.

Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat: 9 • Carbohydrate: 4 • Protein: 4