



Leaves are among the most abundant sources of vital nutrients on the planet, and cocoa has long been touted for its delectable taste and antioxidant ability. AIM CoCoa LeafGreens™ delivers the nutrition of four leaf juice powders (spinach, field pea, faba bean, and barley) and broccoli sprouts powder in a delicious cocoa beverage. CoCoa LeafGreens is the only product on the market to utilize this singular blend of leaf juices and sprouts with a flavor profile of cocoa to work synergistically for optimal health benefits and great taste.

### Antioxidant content and total ORAC

As the most recognizable measure of antioxidants on the market, ORAC (Oxygen Radical Absorbance Capacity) has gained great exposure in the supplement industry. However, it remains only a piece of the complete antioxidant picture.



Commonly used as a measurement of antioxidants by the nutraceutical and food industries, ORAC is the measurement absorbance capacity of the radical peroxy. Peroxy is the most abundant free radical in the body, but ORAC does not provide the full spectrum of absorbance capacity of all free radicals created within the cells. Many different phytonutrients within CoCoa LeafGreens have antioxidant capacity, and a single ORAC assay will not fully measure all of them.

ORAC5.0™ is an innovative assay that examines all five major free radicals: peroxy, superoxide anion, hydroxyl, singlet oxygen, and peroxy nitrite. This total ORAC score measures CoCoa LeafGreens and its phytonutrients' ability to neutralize or counteract these free radicals and maintain a healthy immune system. CoCoa LeafGreens contains 16,634 total ORAC per day, which represents a unique and diverse combination of antioxidants (The ORAC5.0 results for CoCoa LeafGreens can be found in *Figure 1*).

High diversification of antioxidants is essential to combating free radical damage and maintaining a healthy immune system. CoCoa LeafGreens scores in each of the five Total ORAC tests, with notable results for its ability to combat peroxy, hydroxyl, and singlet oxygen.



### Benefits and Features

- Delicious, triple-chocolate taste
- Increased immunity with antioxidants
- Potent combination of greens and natural chlorophyll for optimal body pH
- Support for bone health, cardiovascular health
- Contains 0 grams of sugar
- Natural source of stimulant-free energy
- Cocoa flavonols may boost cognitive function and improve mood

Figure 1:

### CoCoa LeafGreens ORAC5.0™ Analysis

Test / (Free Radical)	Absorbance Capacity (µmole TE)
<b>SORAC</b> / (Singlet Oxygen)	6,394
<b>HORAC</b> / (Hydroxyl)	6,128
<b>ORAC</b> / (Peroxy)	3,250
<b>SOAC</b> / (Superoxide)	674
<b>NORAC</b> / (Peroxy nitrite)	188
<b>Total ORAC (per two servings)</b>	<b>16,634</b>

### CoCoa LeafGreens

#### Cocoa

CoCoa LeafGreens contains a three-part mixture of cocoa powders—organic cacao powder, organic cocoa powder, and alkalized cocoa.

The organic cacao powder comes from cacao beans and retains the unadulterated cocoa flavor, natural antioxidants, and fiber found in the original bean. The organic cocoa powder and alkalized cocoa are obtained through a hydraulic pressing of cocoa mass whereby cocoa butter is removed from the bean.

Cocoa contains an abundance of antioxidants and flavonoids; over 700 vital compounds have been discovered in cocoa. These compounds contribute to cocoa's support of bone health, its benefits for the cardiovascular system, and its effect on energy. Harvard researchers found that the flavonoids in cocoa may prevent heart disease, and several studies have supported cocoa's positive effect on blood pressure and cholesterol.

Along with these benefits, cocoa also has shown an ability to raise cognitive function and improve mood. An Italian study noted that flavonols in cocoa can be associated with

a positive effect on cognitive abilities like verbal fluency, visual searching, and attention. CoCoa's mood-elevating and anti-depressant properties can be traced to compounds like theobromine and phenethylamine, which are natural stimulants to increase endorphins and dopamine.

### **Spinach leaf**

*Spinacia oleracea* is rich in nutrients, including many essential vitamins, minerals, and potent antioxidants. Research shows that lutein may prevent age-related macular degeneration and cataracts. Among its many documented health benefits, the spinach leaf may also aid in curbing anemia, constipation, insomnia, obesity, high blood pressure, bronchitis, and indigestion.

### **Faba bean leaf**

*Viscia faba* leaf offers a wealth of nutrient-rich flavonoids, the plant pigments partly responsible for the color of many fruits and vegetables. The flavonoid quercetin is found naturally in faba bean, field pea, and spinach leaves. Recent studies have found quercetin to inhibit the production and release of histamine and other allergic and inflammatory substances. Quercetin can inhibit the inflammation in joints, provide arthritis relief, inhibit the aggregation of platelets (abnormal clotting), and help improve circulation.

### **Field pea leaf**

*Pisum sativum* leaf contains the flavonoid kaempferol, which inhibits the oxidation of LDL (bad) cholesterol and the formation of platelet clusters in the blood, providing benefits for those with arteriosclerosis. Kaempferol also plays a role in regulating the blood's water-sodium/glucose balance and kidney cell function, which can be problematic in diabetics.

### **Barley leaf**

*Hordeum vulgare* is the most nutritious of the green grasses. Barley leaf contributes to the high vitamin K and chlorophyll in CoCoo LeafGreens. Vitamin K is essential to the body's utilization of calcium for healthy bone density and to the healthy formation of blood clots to heal wounds. New research indicates that vitamin K may also help prevent the calcification of arteries and regulate blood sugar. Chlorophyll

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protects the body from radiation, carcinogens, and DNA damage and helps the body heal wounds, improve regularity, and control odor.

### **Broccoli sprout**

*Brassica oleracea* sprouts contain the highest concentration of sulforaphane of the cruciferous vegetables. Sulforaphane is a phytonutrient that may lower inflammatory response and improve cardiovascular health. A 2004 study found that broccoli sprouts decreased stress in both cardiovascular and kidney tissues in animals. A study published in 2009 found that oral consumption of sulforaphane reduced inflammation in human airways by increasing naturally-occurring enzymes in the body.

### **Suggested use**

Mix 1 rounded teaspoon (3.875 g) twice daily with 6 to 10 ounces of cold milk or water (AIM recommends almond milk). For children eight years and under, mix 1 rounded teaspoon once daily.

## **Q & A**

### **Are there people who should be concerned about the high levels of vitamin K in CoCoo LeafGreens?**

According to the Merck Index, there is no toxicity for natural vitamin K1 (from plants). Each 3.875-gram serving of CoCoo LeafGreens contains 96 µg of vitamin K. Your intake should be constant if you are on medication so your physician can then determine the proper intake.

### **I started taking CoCoo LeafGreens and I feel worse. Why?**

When you make a positive change in your diet, your body often goes through a cleansing known as detoxification. This can manifest itself in fatigue, rashes, and headaches. For more information, see AIM's Detoxification datasheet.

### **Is there anyone who should not take CoCoo LeafGreens?**

CoCoo LeafGreens is a whole food concentrate. Most people should be able to take it. Those with severe medical problems or on a restricted diet (especially in regard to green foods) should consult a health practitioner. Women who are pregnant or nursing are advised to consult a health practitioner.