



Xoçai™ (sho-sigh): A Gift of Health

The 'Real Chocolate' that is healthy for you because it has no dairy, sugar, or caffeine. It is diabetic safe, heart healthy, contains natural fiber, and a large part of a healthy weight loss program.

You will want to try the delicious nuggets, squares, and bars.

Xoçai™ X Power Squares™



The Most Powerful, Health-Promoting Chocolate Ever Produced! Xoçai™ X Power Squares are loaded with antioxidants and have an unparalleled ORAC value of 3,582 per 6g square.

Xoçai™ Nuggets



The Ultimate Antioxidant Treat! The Nuggets are extremely high in cocoa content, combining the exotic flavors of dark chocolate with

açai berry and blueberry. Each 12g nugget has an ORAC value of 3,120.

Xoçai™ Protein Bar



The Ultimate Low-Calorie, High-Protein "Meal on the Go." The Protein Bar combines the antioxidant

benefits of the finest, all-natural, unprocessed cocoa powder with the açai berry and other antioxidant-rich berries. It is sweetened with a low-glycemic-index sweetener. Each bar delivers an ORAC value of 4,066.

What Are Antioxidants?

Antioxidants are molecules that can prevent the damaging effects of excessive amounts of free radicals in the body by neutralizing and destroying them.

How Are Antioxidants Measured?

ORAC = Oxygen Radical Absorbance Capacity
The USDA uses the ORAC scale to measure the antioxidant capacities of different foods. They recommend a daily intake of 3,000 to 5,000 ORAC daily.

Top Antioxidant Foods	ORAC Value Per 100 grams (3.5 ounces)
Unprocessed Cocoa Powder	26,000
Açai Berry	18,500
Dark Chocolate (processed)	13,120
Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Strawberries	1,540
Spinach, raw	1,260
Broccoli florets	890
Red Grapes	739

ORAC value data from Brunswick Laboratories
Food data from USDA & Journal of American Chemical Society

"It is ok to be a chocoholic with our healthy chocolate."

Contact Info.:

Brenda J. Ihle, RN
(513) 515-0710

www.ahealthconnection.com

Brenda's Email: ahealthconnection@gmail.com

Kristen's Email: ahealthconnection@woh.rr.com

A HEALTH CONNECTION, LLC

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ahealthconnection@gmail.com

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Nutrition/Bread Classes Nutritional Assessments

- Bread made from freshly-milled wheat with many varieties and flavors
- Gluten Free Bread
- Natural Supplements without chemicals or synthetics
- Healthy Chocolate

Brenda's Bread



Classes offered in

- Homes
- Businesses
- Churches
- Wherever people want to have fun while learning the importance of real bread.

List flavors for Bread and Muffins

- Whole Wheat
- Gluten & Dairy Free
- Cinnamon Raisin
- Banana Chocolate Chip
- Apple Cranberry
- Pumpkin (holiday)
- Glazed Cinnamon Rolls

Vitamins and Supplements



Nutritional Assessments give a picture of where you are in your health and how to stay healthy. If you have a health diagnosis, it can in many cases show you how to correct it naturally without medication.

Assessments reveal what is going on under the surface. Benefits have been seen for individuals dealing with High Blood Pressure, Heart Disease, IBS, ADD, Celiac, and Diabetes as well as other common ailments.

There are many supplements on the market. We teach you what is real, what will work, and the long-term benefits.

VIVIX™

World's Best Anti-aging Supplement*



- A Revolutionary Breakthrough in Cellular Anti-aging.*
- In laboratory studies, Vivix ingredients have been shown to impact the four key mechanisms of cellular aging.*
- 30-day supply delivers the equivalent amount of resveratrol found in 3,000 glasses of red wine, and Vivix ingredients are 10X more powerful than resveratrol alone in slowing a key mechanism of cellular aging.*
- All natural, clinically tested key ingredients

What is Life Without Your Health?