

Raw Cacao Information Sheet

Nutrition Facts	
Serving Size: 1 ounce (28g)	
Servings Per Container:	
Amount Per Serving	
Calories 130	Calories from Fat 110
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	% Daily Value*
Total Fat 12g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 9g	36%
Sugars 0g	
Protein 4g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
<small>*Percentage daily values based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie needs.</small>	

Did you know Raw Cacao is not a Health Food? It is considered a drug by the scientific community

Here are some facts:

- Raw cacao nibs are up to 84% fat.
- Cacao contains high levels of saturated fat.
- Raw cacao is acid forming because it contains caffeine according to scientific journals.
- Monkeys in the wild generally do not eat cacao beans; they eat cacao pulp & disperse the beans.
- As little as 4 ounces of raw cacao can kill your dog. It can also be deadly to cats, horses, and parrots. It is estimated that 22 pounds can kill you. Why eat any amount of poison?
- Is considered a psychoactive substance.
- Raw cacao can be addictive.
- Can dilate blood vessels and increase urine.
- A stimulant that can increase heartbeat.
- High in oxalic acid that binds calcium.
- Can cause hyperactivity, sleeplessness, tremors, restlessness, anxiety and headaches.
- Contains theobromine... a "**poisonous powder**" according to the Random House Dictionary.
- Can cause chromosomal breaks and gene mutations.

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Agave Syrup Information Sheet

Nutrition Facts	
Serv. Size 1 Tbsp. (15mL)	
Servings 32	
Amount Per Serving	
Calories 60	
	% DV*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 16g	6%
Sugars 16g	
Protein 0g	
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Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
<small>*Percent Daily Values are based on a</small>	

Agave Syrup may not be as healthy as you think!

The above nutrition label of agave looks more like the label of a S.A.D. processed food – contains only empty calories.

Raw agave contains 85%-90% fructose. No where in nature does this high level of fructose occur naturally. High Fructose Corn Syrup is only 55% fructose and we know that is not healthy. Fresh fruits contain 5%-8% fructose.

Problems associated with high levels of fructose:

- Can make you fat.
- Can raise triglycerides.
- May cause accelerated aging.
- Can promote disease more readily than glucose.
- Can Lead to mineral losses – iron, calcium, zinc..

Agave is a concentrated sweetener and can help perpetuate a sugar addiction.

Agave syrup may be "watered down" with corn syrup before it is imported into the US from Mexico.

Agave syrup is processed in your liver, what other toxins does your liver have to detoxify?

Agave is **NOT LOW GLYCEMIC**, and will cause your blood sugar to rise according to Dr. Gabriel Cousens.

Agave Syrup is **NOT RAW** according to Dr. Gabriel Cousens.

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