

# The Six Super Nutritious Greens in CoCoo LeafGreens Powder

fresh focus

- Arugula
- Barley Leaves
- Broccoli Sprouts
- Kale
- Spinach
- Swiss Chard

Arugula



Broccoli Sprouts



Barley Leaves



## C is for Cruciferous

Some of the most nutritious vegetables fall into the category of cruciferous, which means cross-bearing because the plants' flowers are cross-shaped. CoCoo LeafGreens contains the powders of 3 cruciferous vegetables: arugula, broccoli sprouts and kale. Along with being a rich source of vitamins and minerals, cruciferous vegetables contain unique, healthy plant nutrients, including flavonoids, such as kaempferol and quercetin, and an isothiocyanate known as sulforaphane.

Kale



Spinach

Kale, spinach and Swiss chard top the list of leafy greens rich in lutein and zeaxanthin, two carotenoids that are recognized as healthy eye nutrients.

### A Little Swiss Chard History

In the early 1800s, Swiss settlers introduced chard to North America, which is possibly how the Swiss got added to its name. The word "chard" is traced to Latin, meaning thistle, and this leafy green's popularity is traced back to 350 BC with its roots in the Mediterranean region.

[bit.ly/HistorySwissChard](http://bit.ly/HistorySwissChard)



Chlorophyll gives plants their color and helps them to produce their food. Young barley leaves contribute greatly to the 21 mg of chlorophyll in two servings of CoCoo LeafGreens.

A triple blend of cocoa powders gives CoCocoa LeafGreens its natural chocolate flavor that appeals to people of all ages. It's chocolaty without the sugar and fat typically found in chocolate confections and beverages.

## Three CoCocoa Powders



- Dutch Cocoa
- Organic Cacao
- Organic Cocoa

Delivering more go-to nutrition that works, AIM's exclusive blend of green leaves, broccoli sprouts and cocoa beans gives CoCocoa LeafGreens powder an impressive nutritional edge over the competition.

Eighteen healthy male volunteers who drank a flavanol-rich cocoa drink performed better during physiological and cognitive challenges than those who didn't. The randomized, double-blind within-subject acute study conducted in 2020 over two visits at the University of Birmingham linked improved cerebral oxygenation with the brain-boosting results. [bit.ly/CerebralCocoa](https://bit.ly/CerebralCocoa)



## Health Benefits of CoCocoa

- Lowers blood pressure
- May help in the management of healthy blood pressure
- Has been shown to help healthy levels of cholesterol
- Increases the bioavailability of nitric oxide
- Encourages endothelial function
- Contains polyphenols

## Top Five Reasons to Give Your Child CoCocoa LeafGreens

- 1 Kampferol maintains immune system health
- 2 A diversity of vitamins and other nutrients
- 3 Quercetin may provide relief from seasonal allergies
- 4 Iron deficiency can decrease cognitive function. CoCocoa LeafGreens provides 10% of daily iron needs
- 5 Kids who don't eat healthily are at greater risk of developing unhealthy weight control behaviors

The abundant and diverse source of plant nutrients in CoCocoa LeafGreens includes over **700** compounds from cocoa beans, which provide a particularly rich source of antioxidants in the flavonoid family. This polyphenol class of phytonutrients includes cocoa's flavan-3-ols that protect and nurture your body. [bit.ly/CocoaFlavanols](https://bit.ly/CocoaFlavanols)





**42 mcg  
Vitamin K  
per serving**

**Studies associate Vitamin K with:**

- Bone health
- Increased bone mineral density
- Healthier, flexible arteries
- Better memory
- Decreased cognitive decline associated with aging

It would take nearly **5 cups** of broccoli sprouts to get the same amount of sulforaphane found in two daily servings of CoCoo LeafGreens:

**400 mcg**



# ASTONISHING BENEFITS OF ARUGULA

- Aids with weight loss
- Antioxidant
- Bone health
- Facilitates blood circulation
- Eye health
- Heart health
- Immune booster
- Packed with minerals
- Wound healing



## kingly benefits of kale

- weight loss aid
- metabolism boost
- antioxidant-rich
- high in protein
- anti-inflammatory
- eye health
- immune boosting
- helps keep skin healthy and strong
- packed with phytonutrients
- helps activate detoxifying enzymes in the liver
- high in fiber, protein, thiamin, riboflavin, folate, iron, magnesium, phosphorus, calcium, potassium, copper and manganese, vitamins A, C, K and B6



## SUPER benefits of SWISS CHARD

- Antioxidant-rich
- Helps create myelin sheath to protect nerves
- Regulates blood sugar
- Promotes hair growth and strength

“With BABY BOOMERS approaching old age, there is huge public demand for lifestyle behaviors that can ward off loss of memory and other cognitive abilities with age,” said Martha Claire Morris of Pennsylvania State University. “Our study provides evidence that eating green leafy vegetables and other foods rich in vitamin K, lutein and beta-carotene can help to keep the brain healthy to preserve functioning.”