



Originating more than 3,000 years ago in Aztec and Mayan civilisations, cacao is one of the most important functional foods in human history supporting an active mind, energy and overall well-being. Gently roasted to enhance its complex chocolate flavour, it's a powerful addition to any diet.



CACAO

Contributes to...



Energy

Copper and magnesium contribute to normal energy-yielding metabolism.



Psychological Function

Magnesium contributes to normal psychological function.



Protection from Oxidative Stress

Copper and zinc contribute to the protection of cells from oxidative stress.

The power of Ω

Cacao Powder

Our Fairtrade Cacao Powder has a rich, dark chocolate flavour and supports an active body and mind.

Cacao Powder is extremely nutrient-dense - it is high in protein and copper, and is also a source of iron to energise your body.

Try this...



Add it to your granola or cereal for an extra layer of chocolatey goodness.



Stir it into milk or coffee for a rich superfood hot chocolate or mocha.



Blend it into a homemade protein shake for extra nutrients and taste.



Bake it into brownies or muffins for a guilt-free treat packed with nutrients.

Find delicious recipes and learn more at naturya.com and @ [@naturya](https://www.instagram.com/naturya)

Ingredients: 100% Cacao powder.

Allergens: Packed in a facility that also handles **peanuts** and **nuts**.

Nutritional Values	per 100g	per 25g	Vitamins & Minerals	per 100g	% RI*	per 25g	% RI*
Energy	1519 kJ	380 kJ	Potassium	1930 mg	97	483 mg	24
	364 kcal	91 kcal	Magnesium	702 mg	187	175 mg	47
Fat	12 g	3.1 g	Iron	14 mg	102	3.6 mg	26
of which saturates	7.3 g	1.8 g	Zinc	8.8 mg	88	2.2 mg	22
Carbohydrate	22 g	5.5 g	Copper	4.4 mg	441	1.1 mg	110
of which sugars	1.0 g	0 g					
Fibre	28 g	7.0 g					
Protein	27 g	6.8 g					
Salt	0.15 g	0.04 g					

Enjoy as part of a varied, balanced diet and healthy lifestyle.

*RI = Daily reference intake for vitamins and minerals in adults.

This pack contains 10 servings.

1 serving = 25g, or approximately 4 tablespoons.



Best before end

PPCAPNT25002V2

Store in a cool, dark and dry place. Once opened consume within 1 month.
Packed in the UK for Naturya, Bristol, BS31 1SU. EU Naturya, c/o Global E-Commerce Experts, Rijnlanderweg 766 Unit H, 2132 NM Hoofddorp, Netherlands.



Fairtrade cacao may be mixed with non-certified cacao on a mass balance basis, total 100%. Visit info.fairtrade.net/sourcing

Certified



Corporation

