

# TAVALA brü™



**100% ORGANIC, GMO-FREE  
CACAO POWDER DRINK**

**SUPER-HIGH IN ANTIOXIDANTS!**

**LOW IN CALORIES**

**MOOD ELEVATION**

**BLOOD PRESSURE AND DIGESTION**

For thousands of years, the Mayans of Central America prepared a chocolate drink from the Cacao tree called “the drink of the Gods”. This special drink was passed down from generation to generation and served to royalty, for the ancients knew of its power to rejuvenate and restore. The original recipe was quite simple... ground cocoa beans and water.

Fast forward to today. Pure dark chocolate, or cocoa, is known in the health and wellness industry for being a “superfood”. And for good reason, the health benefits are unbelievable!

Tavala introduces the next incredible product in our product line - Tavala brü. Tavala brü contains 100% organic, GMO-free cacao and it’s very low in calories. Just one cup of Tavala brü contains more antioxidants than a cup of blueberries or pomegranate juice!

<b>Nutrition Facts</b>	
28 servings per container	
<b>Serving size</b>	<b>1 Scoop (10g)</b>
<b>Amount Per Serving</b>	
Calories	40
	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.44mg	8%
Potassium 188mg	4%
Magnesium	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lately, it seems that everyone from medical professionals to health gurus are touting the substantial health benefits of cacao, from natural mood elevation to lower blood pressure and improved digestion. Cacao has even been shown to slow the creation of fat cells.

With all these unbelievable health benefits, and many more, Tavala brü should seem like a no-brainer. We recommend you drink at least one cup everyday, but more only gives you better results. Drink it in the morning,

drink it throughout the day - you decide! It’s as easy as adding one scoop to hot water and stir - your daily helping of good health.

As for the taste and aroma, it’s like the best dark chocolate; enjoy it with your favorite sweetener or creamer, add it to your coffee, or drink it as is - hot or iced - natural, earthy, uplifting!

Directions for use: mix one scoop of Tavala brü with 8 oz of hot water. Stir and enjoy! More or less mix may be added for your personal taste.