



Thrive

Protective Tocotrienols and Peppery Cacao*

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Tocotrienols* may help support

- Cardiovascular health
- Healthy blood glucose metabolism
- Skin, bone, and eye health
- Antioxidant status
- Cellular membrane integrity and protection from free radicals

Highlights

- Provides 50 mg bioactive tocotrienols per serving
- Zero grams of sugar — suitable for ketogenic diets
- Free of artificial sweeteners, flavors, or colors
- Low allergen profile, free of dairy, soy, and gluten, and non-GMO
- Suitable for vegans and vegetarians
- Only 3 g carbohydrates per serving
- Each batch has been given a Certificate of Analysis to confirm potency and purity
- Sources of environmentally sustainable harvested cacao beans
- Convenient delivery format for better patient compliance

Dosing Guidelines

Consume 1 square of Fx Thrive once per day. Do not exceed four squares per day.

Fx Chocolate® Thrive

Supplement Facts		
Serving Size 1 Square (4.5 g)		
Servings Per Container 15		
Amount Per Serving		% Daily Value
Calories	15	
Total Fat	1 g	1%**
Saturated Fat	0.5 g	3%**
Total Carbohydrate	3 g	1%**
Dietary Fiber	1 g	4%**
Total Sugars	0 g	†
Includes 0 g Added Sugars		0%**
Vitamin E Isomers (as DeltaGold® delta and gamma tocotrienols)	50 mg	†

**Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Ingredients: Cacao nibs, allulose, organic cocoa butter, organic vanilla extract.
Made on equipment shared with nuts and milk.

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Fx Thrive is a delicious vitamin E tocotrienol-infused chocolate that promotes cellular health and works to protect cells from free radical damage.* This formula contains a combination of 60% cacao and 50 mg of vitamin E tocotrienols per serving. The tocotrienols in Fx Thrive are derived and sourced from annatto seeds, so they are composed exclusively of tocotrienols and are provided as DeltaGold®, a patented tocotrienol formula from American River Nutrition. They are manufactured in the U.S. and have GRAS status from the FDA. The synergistic combination of the beneficial phytonutrients found in dark chocolate and delta- and gamma-tocotrienols from the annatto plant provide antioxidant properties that support cardiovascular and bone health, along with a healthy inflammatory response.*

Fx Chocolate® contains zero grams of sugar and is sweetened with allulose, a sweetening agent that is found naturally in jackfruit, figs, and raisins, with no bitterness or unpleasant aftertaste. The chocolate delivery system is a novel and convenient way to receive the benefits of bioactive ingredients found in nutrients and herbs, especially for individuals who are unable to swallow capsules or softgels, and reduces pill-fatigue.

Ingredient Highlights

Theobroma cacao L. (aka “food of the gods”) boasts a wide variety of health benefits. Cacao beans are a rich source of bioactive polyphenolic compounds (more than 200 have been identified) including flavanols, flavan-3-ols, epicatechins, and their proanthocyanidin oligomers, which have been shown to provide antioxidant properties, and perhaps a reason to indulge a little in dark chocolate. Dark chocolate may offer various health benefits such as reducing oxidative stress, supporting cardiovascular health¹ and blood lipid metabolism, and promoting healthy cognitive function.² Cacao’s dietary polyphenols, especially flavanols, are shown in human and animal studies to have favorable effects on cardiometabolic health including supporting healthy blood pressure, blood vessel function, and healthy fat ratios in the body.^{3,4} Furthermore, cacao polyphenols were shown to support healthy intestinal inflammatory responses by promoting healthy expressions of neutrophils, cytokines, and enzymes.²

The methylxanthines (e.g., caffeine, theobromine, theophylline), peptides, and minerals present in cacao also contribute greatly to its tremendous health benefits. Cacao contains micronutrients such as magnesium, copper, and selenium. These minerals are essential to human health and play a critical role as cofactors for various physiological functions such as producing cellular energy and scavenging free radicals.⁵

Tocotrienols – Vitamin E is not a single nutrient, but rather a complex comprising 4 tocopherols and 4 tocotrienols. These components all impart unique properties that influence specific biochemical functions on the body. Alpha-tocopherol, in particular, is the form most widely recognized in supplements; however, the tocotrienol fractions have unique effects across a variety of tissues that make them desirable to supplement alone, without tocopherols. The richest known source of naturally occurring tocotrienols is annatto, which is virtually free of tocopherols and contains 100% tocotrienols (90% delta and 10% gamma).

Tocotrienols have shown impressive effects in supporting cardiovascular health.⁶ They may also be beneficial to support the body’s natural inflammatory response, an important asset since chronically elevated levels of oxidative stress is a factor in damage to the

cardiovascular system.⁷ Related to their favorable effects on blood vessel function, tocotrienols may also support healthy vascular function.⁸ Owing to their positive influence on lipids (fats in the blood), tocotrienols may be beneficial for those with fat accumulation in the liver, as well as those who may need support managing healthy blood sugar levels.^{9,10} Clinical research also suggests tocotrienols may be a valuable addition to the supplement regimens of those who need nutritional support for strong, healthy bones.^{11,12}

Perhaps the best-known role for the vitamin E complex is as an antioxidant. For this purpose, vitamin E is uniquely shaped, allowing it to reside within the lipid cell membrane where it protects cellular integrity. Tocotrienols are more potent at protecting against cellular damage from harmful free radicals.¹³ The powerful antioxidant function of tocotrienols has been demonstrated in studies of skin and eye health, where damage from oxidation can lead to premature aging of the skin and compromised visual acuity.^{14,15} Tocotrienols are up to 50x more potent at protecting against cellular damage from harmful free radicals than tocopherols.¹⁶ This is due to their smaller and more flexible molecular structure, enabling tocotrienols, and especially delta-tocotrienol, to be more easily incorporated into cell membranes.

Allulose is a monosaccharide epimer of fructose, formally called D-psicose, that is found naturally in certain fruits and maple syrup. It has a sweet taste — very much like regular sugar (sucrose) — and it occurs in relatively small amounts, so it’s referred to as a “rare sugar.” While allulose has the taste and texture of sugar, when taken in isolation, it does not affect blood glucose or insulin. Allulose has a glycemic index of zero, which makes it an ideal sweetener for people on ketogenic or low carb diets. Humans lack the enzymes to digest allulose, so it is absorbed in the small intestine but not metabolized by the body, making it nearly calorie-free. Thus, allulose has just 1/10th the calories of sucrose—only 0.4 calories/gram to be exact. Because we lack the enzymes to digest allulose, it is largely excreted and has very low colonic microbial fermentability; thus, no unpleasant gastrointestinal effects, as is common with polyols.

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