

MAWA'S

GRAINFREENOLA
PALEO. VEGAN. GLUTEN-FREE

GRAINFREENOLA HEALTH BENEFITS

Out of Africa

Cocoa is not just a chocolate treat. The raw, unprocessed, organic cocoa in this GrainFreeNola has a multitude of medicinal health benefits.

Organic Cocoa nibs

Cacao nibs are a highly nutritious and made from crushed cocoa beans. Rich in minerals including Iron, Magnesium, Phosphorus, Zinc, Manganese and Copper.

With low sugar and a good source of fiber, Cacao Nibs may aid in managing blood sugar.

Cacao Nibs are abundant with antioxidants and may improve heart health and boost immunity.

100% Pure Cocoa powder

Loaded with antioxidants, Cocoa Powder provides several health benefits. The antioxidant polyphenols act as an anti-inflammatory and lower blood pressure improve blood flow and blood sugar levels.

Polyphenols may also improve cholesterol and brain health lowering the risk of a stroke. The antioxidant Flavinoids convert Tryptophan into Serotonin, a natural mood stabilizer and anti-depressant.

Theophylline, a compound in Cocoa Powder, assists with dilation of blood vessels and relaxation and lung tissue to aid Asthma. Another compound, Theobromine is like caffeine and can help calm coughing.

Organic Tamarind

A Tropical fruit, the polyphenols in Tamarind have antioxidant and anti-inflammatory properties.

Tamarind is also rich in Vitamins and Minerals.

- Vitamins: B1, B2, B3, B6, C, K
- Minerals: Magnesium, Potassium Iron, Calcium, Phosphorus

The high amount of Magnesium in Tamarind has anti-inflammatory benefits as well as reducing blood pressure and assists in stabilizing blood sugar.

The compound Lupeol is found in Tamarind and has anti-microbial, anti-fungal and anti-bacterial properties.

Tamarinds antioxidant polyphenols, such as Flavinoids, regulate cholesterol, therefore, reducing the risk of heart disease.

Organic Hibiscus Flower

Packed with antioxidants. Hibiscus flower, easily made into a tea has many health benefits including:

- Help lower blood pressure
- Help improve blood fat levels
- Boost liver health
- Promote weight loss.