Chocolate Superfood Powder

Delicious Greens and Phytonutrient Blend

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designs for healthy kids™

Benefits*

- Supports overall antioxidant status
- May help promote growth of beneficial gut bacteria in children
- Supports healthy gastrointestinal function
- May support a healthy response to oxidative stress

Supplement Facts

Serving Size 8 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving		% Daily Value
Calories	20	
Total Carbohydrate	6 g	2%*
Dietary Fiber	2 g	7%*
Protein	1 g	
Iron	0.6 mg	3%
Potassium	80 mg	2%
Proprietary Fruit and Fiber Blend	2.6 g	†
Organic Inulin		
Organic Blueberry		
Organic Cranberry		
Organic Raspberry		
Organic Açaí		
Proprietary Vegetable and Greens Blend	1.2 g	†
Organic Carrot		
Organic Spinach		
Organic Kale		
Organic Tomato		
Organic Parsley		
Organic Spirulina		
Organic Nettle		
Organic Broccoli Sprout		
Organic Cauliflower Sprout		
Organic Kale Sprout		
OxyPhyte® Grape Blend	206 mg	†
OxyPhyte® Grape Seed Extract		
OxyPhyte® Grape Skin Extract		

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

Other Ingredients: Alkalized cocoa, organic flavors, rebaudioside A (from organic *Stevia rebaudiana* leaf).

Chocolate Superfood Powder is a phytonutrient-packed blend of organic fruits, vegetables, greens, and fiber delivered in a delicious chocolate-flavored powder designed to support children's overall health and antioxidant status.* This formula is designed for parents interested in supplementing their children's daily greens, fruits, and fiber intake, especially for those children who do not consume the recommended daily amounts.

The proprietary greens, fruits, and vegetable ingredients in Chocolate Superfood Powder are non-oxidized, as they are protected from direct heat, ultraviolet light, and moisture from start to finish. Unlike other powders for greens, this formula is free from fillers or bulking agents, which can significantly dilute potency, be a source of genetically modified material, and interfere with the bioavailability of phytonutrients.

Formula Highlights

- High phytonutrient vegetables and fruits blend
- ORAC-tested OxyPhyte® grape seed and skin extracts (standardized to contain 95% polyphenols)
- 2 g of dietary fiber per serving
- Delicious chocolate flavor for increased compliance and palatability
- Non-GMO
- Gluten-free, soy-free, and dairy-free
- No added fructose, sucrose, or artificial sweeteners
- Sweetened with prebiotic fiber, inulin, and organic *Stevia rebaudiana* leaf
- All organic ingredients
- No added fillers or bulking agents

Need for Phytonutrients

Healthy dietary intake is a major modifiable risk factor for noncommunicable disease and parameters associated with children's cognitive development and growth.[1] According to the 2020-2025 USDA Dietary Guidelines for Americans (DGA), children and adolescents in the U.S. consume insufficient amounts of vegetables and fruits per day.[2] The DGA recommends a minimum of 1 to 1.5 cups of vegetables and fruits per day for children 2 to 8 years old, and 1.5 to 2 cups of fruit and 2.5 to 3 cups of vegetables per day for adolescents 14 to 18 years old to help reduce the risk for diet-related chronic disease later in life, including cardiovascular disease (CVD), obesity, type 2 diabetes, and some cancers.[3,4] However, only 7.1% of students met the DGA intake recommendations for fruits and only 2% met this for vegetables.[3] Dietary patterns are not aligned with the DGA for young children who scored a Healthy Eating Index of 61 out of 100, indicating that their overall diet quality is poor. Evaluation of children 2 to 4 years old indicates they consume less than 1 cup of vegetables per day and that total fruit intake was adequate for only 60% of this population.[2] Increased intake of ultra-processed, energy-dense, nutrient-poor foods in childhood and adolescence is associated with increased adiposity and risk of becoming overweight. In contrast, foods classified as healthy (low sugar and high in fruits and vegetables) were weakly associated with childhood obesity risk.[5-7]

A systematic review found that daily consumption of concentrated fruit and vegetable supplements significantly increased serum concentrations of antioxidant compounds and reduced homocysteine levels and markers of lipid, DNA, and protein oxidation.[8] Additionally, nonvitamin antioxidants, such as anthocyanins and polyphenols, have been shown to significantly contribute more to the reduction of free radical processes.[9] Another systematic review showed a positive correlation between healthy dietary pattern and intake of fruits and vegetables on mental health in preschoolers and school-aged children, including improved well-being, emotions, stress, behaviors, and depressive symptoms.[10]

This formula contains high-oxygen radical absorbance capacity (ORAC) OxyPhyte®, a proprietary blend of organic grape seed and skin extracts. Grape skin and seeds contain high amounts of antioxidant-rich polyphenols, specifically proanthocyanidins, that work to protect cells from oxidative stress.* Grape seed extract was shown in multiple experimental studies to provide benefits against inflammation, cardiovascular disease, obesity, hypertension, diabetes, cancer, microbial infections, ulcer, and even dental caries.[11-13]

Acid-Alkaline Balance

The acid-base balance is critical for maintaining physiological homeostasis. Modern diets, such as the standard American diet, are characterized by severe acid load due to the predominance of processed meats and high-glycemic load foods such as refined grains and sugars. Diets high in potential renal acid load (PRAL) induce a low-grade metabolic acidosis state, which may lead to chronic diseases and metabolic disorders.[14] High PRAL diets are associated with insulin resistance, hypertension, chronic kidney disease, diabetes, nonalcoholic fatty liver disease, obesity, bone disorders, and other metabolic complications.[14,15]

On the other hand, diets high in vegetables, leafy greens, and fruits can positively influence the acid-base balance within the blood and urine, helping shift the body to a more health-promoting alkaline status, which are suggested in the research to help prevent cardiovascular risk factors and diabetes.[15] In vitro and animal models show that the phenolics and triterpenoids derived from vegetables and fruits exhibit high anti-inflammatory and antioxidative activities, as they are natural modulating agents of pro-inflammatory gene expression.[16,17]

Benefits of Inulin

Although inulin adds a subtly sweet flavor to Chocolate Superfood Powder, it does not impact blood sugar levels. Studies demonstrate the health-promoting advantages of inulin, from supporting metabolic health to gastrointestinal health through its ability to modulate gut microbiota.[18] Inulin is a natural polysaccharide that belongs to a group of nondigestible carbohydrates called fructans, and it is commonly used as a prebiotic fiber, sugar replacer, and functional ingredient to support gastric and metabolic health.[19]

Prebiotics are selectively fermented by gut microbiota and have a positive effect on host health as they enhance the growth of *Lactobacilli* and *Bifidobacteria*, induce colonic production of beneficial metabolites (such as short-chain fatty acids [SCFAs]), increase calcium absorption, decrease protein fermentation, support immune function, and decrease pathogenic proliferation and allergy risk.[20,21] SCFAs are the preferred fuel for intestinal epithelial cells, as they strengthen gut barrier function and possess immunomodulatory activity.[22] In human and animal studies of inflammatory bowel disease, inulin has been shown to reduce mucosal inflammation and mucosal lesion scores. Inulin supports epithelial barrier function that helps protect the host from pathogenic invasion and translocation, and from other gastrointestinal diseases.[21] Furthermore, a systematic review and meta-analysis of randomized controlled trials found inulin to impart favorable effects on diabetics, and to significantly reduce blood glucose, total cholesterol, and triglycerides compared to controls.[23]

Recommended Use: Mix 8 grams (approximately one scoop) in water per day or as directed by your health-care practitioner. Chocolate Superfood Powder may also be blended with milk or other non-dairy milk substitutes.

For a list of references cited in this document, please visit:
https://www.designsforhealth.com/api/library-assets/literature-reference---chocolate-superfood-powder-tech-sheet-references