

Beauty Snob

CocoXan: Chocolate with Benefits



By Beauty Snob Sharon on April 19, 2011 6:00 AM



I have no self-control when it comes to chocolate (chocolate bars, chocolate cake, chocolate mousse, chocolate ice cream, even if you put a piece of chocolate sheet cake in front of me I'd eat it up with such love you'd think it was a Francois Payard masterpiece!). Needless to say I have my moments of food guilt, so I'll pay attention to anything that promises to let me indulge without it (a major reason I'm a huge fan of [raw desserts](#) and [Arctic Zero](#)). A recent health food store discovery, [CocoXan](#) is a notable find. Not only do the truffles come in 3-packs (about \$5) making it "easy" to exercise portion control, the dark chocolate truffles stand-out from my regular Neuhaus faves because they're hand-made with healthful nutrients, including CoQ10 and DHA, and they're also all-natural and gluten-free. The line includes CocoWell, CocoBrain, CocoHeart, CocoPreggers, and CocoPMS. **Jump for more on each of them!**

The chocolate names are pretty self-explanatory and come in fun little boxes. The PMS one, for example, says "3 Dark Chocolate Berry Truffles with Chasteberry and Bilberry to Un-Bitch Yourself." To learn more about each flavor see below!

CocoWell - Dark chocolate truffle enhanced with Wellmune WGP, a natural ingredient known to activate key immune responses to help combat daily health challenges.

CocoBrain - Dark chocolate with orange flavors, this truffle contains DHA, an important brain nutrient that can support memory function. Also included are folic acid and a proprietary blend of vitamins A, C, D3 and E.

CocoHeart - Dark chocolate infused with CoQ10, the most powerfully known lipid-soluble antioxidant, it's believed to help maintain and promote a healthy heart.

CocoPreggers - Dark chocolate truffles infused with folic acid and DHA, essential nutrients that support normal brain development.

CocoPMS - Dark chocolate with antioxidant-rich chasteberry and bilberry ingredients that have been used for thousands of years for their anti-inflammatory properties.

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