

FONDUE WAFERS



24 Karat Chocolate Fondue Wafers - 2 Pounds

ForeverGreen's 24 Karat Chocolate fondue wafers are pure organic chocolate with an incredible natural flavor. Enjoy fondue with your favorite fruits and nuts. ForeverGreen fondue offers all of the health benefits and pleasure of pure chocolate with none of the guilt.

Ingredients

Organic Dark Chocolate, Organic Raw Cane Sugar, Organic Chocolate Liquor, Organic Cocoa Butter, Soy Lecithin (used as an emulsifier), Organic Vanilla.

Recently, science has had much to say about this "Food of the Gods"

- Chocolate is the number one antioxidant food on the planet
- Scientifically associated with love and libido
- Shown to support normal blood pressure and cholesterol levels
- Supports circulation
- A natural way to enhance mood and mental clarity
- U.S. government sources recommend consumption of 1 to 1.5 ounces per day



SMARTFOOD

TOP ANTIOXIDANT FOODS



Food	ORAC*
Dark Chocolate	13,120
Milk Chocolate	6,740
Prunes	5,770
Raisins	2,830
Blueberries	2,400
Blackberries	2,036
Kale	1,770
Strawberries	1,540
Spinach	1,260
Raspberries	1,220
Brussels sprouts	980
Plums	949
Alfalfa sprouts	930
Broccoli florets	890
Oranges	750
Grapes, red	739
Red bell pepper	710
Cherries	670
Onion	450
Corn	400
Eggplant	390

SOURCE: Data from U.S. Department of Agriculture and the Journal of the American Chemical Society.

ORAC* (Oxygen Radical Absorbance Capacity) is a measure of the ability of foods to subdue harmful oxygen free radical that can damage our bodies.

Nutrition Facts

Serving Size .32oz (9g)
Servings Per Container 100

Amount Per Serving		% Daily Value*	
Calories	51	Calories from Fat	27
Total Fat	3g		5%
Saturated Fat	2g		7%
Cholesterol	0mg		0%
Sodium	34mg		1%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		1%
Sugars	5g		
Protein	0g		0%
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4