

80Noir Ultra

CHOCOLATE FOR WELLBEING & FITNESS

80Noir Ultra is designed to be eaten or drunk every day as part of a positive balanced lifestyle and is created to revolutionise the way people look after their mental and physical wellbeing.



www.80noirultra.com

WELLBEING



Dark chocolate helps reduces depression, stress levels,
ease anxiety and calm your soul



80Noir Ultra

The cacao found in dark chocolate (chocolate over 75% cacao) and the phenolic compounds inside the cocoa can strengthen the defences of our immune system and up our body's resistance, As dark chocolate contain Tryptophan, which is an amino acid found in dark chocolate and is also the precursor for Serotonin. Our bodies - natural mood stabiliser... it allows you to feel calmer, happier and less anxious.

80Noir Ultra also have the capacity to affect our dopamine levels. which is a neurotransmitter that helps control the brain's reward and pleasure centre. When you consume dark chocolate, you increase the level of dopamine in the brain which tells the individual that he or she should try and get more of whatever it was that caused that increase.

Which is great for 80Noir Ultra, as we provide perfect sized doses so you are not over indulging and you feel satiated and happy. However if you choose low quality chocolate, the sugar and added nasties will increase this so you eat more and then in turn happiness turns to guilt and self punishment.

80Noir Ultra stops this. Less is definitely more. Alongside dopamine you have a key compound called tryzmine, which is derived from the amino acid tyrosine and a precursor to dopamine. If these levels are increased, it activates the reward center and "love drug" and why you experience pleasure and joy when you have your first sip or bite of dark chocolate.



FITNESS



80Noir Ultra and dark chocolate over 75% cacao has natural compounds that make your body work harder for longer therefore improving your performance and cardiovascular health



80Noir Ultra

80Noir Ultra is an antioxidant powerhouse that helps reduce blood pressure while improving cholesterol and insulin sensitivity. Not to mention research shows it may also boost athletic performance. Due to a particular flavanol : Epicatechin, and its role in keeping blood vessels expanded, as well as helping protect the brain against the formation of sticky proteins or amyloid plaques which develop in Alzheimer's disease.

Add to that the polyphenols in dark chocolate which can spur the development of nitric oxide, a compound that causes the thin layers of cells in our blood vessels and arteries to dilate and blood to flow more easily and remain flexible, sending more oxygen to the muscles so they keep working harder for longer.

It is packed with magnesium to aid in muscle and nerve health, along with 98% of your potassium requirement so helps replenish lost electrolytes.

It is also proven to be better than using beetroot juice as it improves oxygen consumption by 6% and the GET (Gas Exchange Threshold) which is a marker of cardiovascular fitness capacity increases by 21%.

A study published in Sports Medicine found that ingesting caffeine enhances both strength and endurance. Plus, consuming caffeine with carbs—a combo you see in dark chocolate can help boost your muscle recovery after a hard workout.

Flavonoids also help to stop LDL (bad) cholesterol from oxidising, helping to prevent the clogging of arteries. These flavonoids contain more than 50% of an unusual type of saturated fat called stearic acid, present in cocoa butter. This doesn't raise bad cholesterol and may even increase levels of the protective good cholesterol (HDL)."

80Noir Ultra also contains a chemical called theobromine, which has been shown to suppress coughing by acting on the vagus nerve, which carries messages from the central nervous system to the brain.

Please note: The daily recommended amount for a sedentary person is 30-60g of dark chocolate.



80Noir Ultra provides daily doses of 13.5g - 40g

80Noir Ultra

THE ART OF HOT
CHOCOLATE

80Noir Ultra

CHOCOLATE FOR ATHLETES

Our training bars are packed with well researched organic natural toppings in order to deliver the most nutritional benefits to your mind and body, whether thats for a hard day at the office, or out and about in races, competitions, championships and much much more. These are the bars that from start to finish will help you every step of the way.



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APPLE PIE BAR



Ever Feeling a little off kilter, ruffled or unsettled? With it being world mental health day today, we wanted to show you the Apple Pie bar, which is great to ease your worries, settle your nerves and add a little zingy spice to your step.



APPLE PIE BAR BENEFITS

The Apple Pie is the perfect pre-workout bite whether you're clocking up the miles on a long run, enjoying some yoga or hitting the weights at the gym. Both cinnamon and star anise help aid digestion and can provide relief for indigestion, heartburn and stomach cramps that may be experienced during workouts. The carbohydrates in the cacao and apple will give you a burst of energy to help give you the stamina you need to keep going.



Dried apples contain a high amount of both soluble and insoluble fiber & prevents sugar spikes in your blood sugar levels, Keeps you satiated. Improves your gut health. Helps you metabolize more energy. Helps improve brain and nerve function. Fights off cellular damage. Regulate water balance and blood volume. Improve oxygen delivery in the body. Help keep you at your ideal healthy weight



Hazelnuts: Help Lower your cholesterol. Improving insulin sensitivity.. Supporting heart health. Reducing inflammation. Protecting against cell damage



Pecans: Are rich in magnesium which is known for its anti-inflammatory benefits. Also helps boosts our immunity and protecting the body from diseases, infections etc.



Cinnamon: Is loaded with powerful antioxidants, such as polyphenols and helps your body fight infections and repair tissue damage and Helps Fight Bacterial and Fungal Infections



Star Anise: helps improve digestion, alleviate cramps and reduce nausea and helps boosts immunity & decrease anxiety



Ginger: Reduces nausea through a direct effect on the stomach rather than on the central nervous system.

BOOSTER BAR



When all you need is a little something extra in your mood and step, the booster bar has it all. A beautiful balance of smoked sea salt and raw cacao nibs on a bed of melt in mouth pure dark chocolate is the perfect antidote you can eat every day and keep you fuelled.



BOOSTER BAR BENEFITS

Numerous studies have shown that cacao can boost memory, cognition, the immune system, and mood. Dark chocolate contains serotonin and L-tryptophan, the neurotransmitters responsible for relaxing the brain, helping to move food through your intestines, constricting blood vessels and influencing your mood.



Cacao Nibs: Are a highly nutritious chocolate product made from crushed cocoa beans. They're exceptionally rich in antioxidants that help reduce oxidative stress and inflammation



Smoked Sea Salt: Is a mineral-rich sea salt hydration, dextrose for fast fuel and calcium lactate for better nerve-muscle function. It also increases nerve-muscle communication, lifts energy levels, reloads with electrolytes and up to 84 trace minerals, and aids in faster recovery for next day training as well as extending stamina, recovery, and adrenal support



Blue Cornflower: The dried flowers are used to make medicine. People use blue cornflower to treat fever, constipation, water retention, and chest congestion. They also take it as a tonic, bitter, and liver and gallbladder stimulant. Women take it for menstrual disorders and vaginal yeast infections.

FUNKY MONKEY BAR



Whether you have worked physically or mentally hard and need a lift. The Funky Monkey is your friend to call upon, with its nuttiness and banana combination it helps replenish and restore you and your body



FUNKY MONKEY

BAR BENEFITS

This bar works with your body and starts to repair and regrow the muscle fibres that have been damaged during exercise. It's crucial to eat the right nutrients soon after your exercise to support your body in this process. The Funky Monkey bar is full of muscle-friendly nutrients to aid this recovery, including the right amount of carbs and protein to improve athletic performance by replenishing muscle glycogen immediately post-workout.- Brazil nuts are high in selenium, which helps reduces cellular damage, which is highly valuable in muscle recovery.- Omega 3 fatty acids found in linseeds have been found to increase the rate of muscle synthesis in people of all ages as well as reducing inflammation that can occur with excessive exercise. - The dried banana helps your body rebuild its glycogen stores, helping to rebuild damaged muscles



Flaxseeds: Are high in protein, Enhancing insulin sensitivity within muscle cells and lower blood pressure.



Brazil Nuts: Are nutritional powerhouses, providing healthy fats, antioxidants, vitamins, & minerals. High in selenium, a mineral with potent antioxidant properties. Reduces inflammation, support brain function, and improve your thyroid function and heart health



Bananas: Are high in the good kinds of carbs that one needs after a workout. These fast-acting carbs help restore the body's levels of glycogen, which is known to help rebuild damaged muscles



Hazelnuts: Help Lower your cholesterol. Improving insulin sensitivity. Supporting heart health. Reducing inflammation. Protecting against cell damage

80NOIR ULTRA

NOT JUST A HOT CHOCOLATE

"Tastes great, works wonders. Our multi award winning bespoke dark chocolate range is revolutionising the way people look after their mental and physical wellbeing & fitness."

Carole Armitage: Founder of 80Noir Ultra

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HIGH SOURCE
OF FIBER



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