

Chocolat Essentiel

# Healthful Belgian Chocolates



**Memory**  
**Immune System**  
**Fatigue**  
**Skin & Hair**  
**Ageing**

The history of chocolate goes back to the Aztecs. They used roasted cocoa beans, honey and spices to prepare a drink to increase their energy. Inspired by the deep knowledge of these traditions and contemporary science, Chocolat Essential creates natural and sweet delights beneficial for the body and mind.

Each praline is made of 100% pure organic cocoa, acacia honey, fruit and essential oil. The perfect combination and dosage of these four ingredients hold the secret to its beneficial effects and unique taste. And, of course, banning all other additions.

We prepare our chocolates according to a world-renowned Belgian tradition in our atelier powered by hydroelectricity. And our packaging consists primarily of cocoa shells, a by-product of chocolate processing.

*To your health and the health of the Earth!*  
*Katarina*

## Pure flavors

These chocolates are a healthy snack and ideal on-the-go. A loving gift to yourself or someone dear. Available in a pocket version of 4 chocolates or a luxury box filled with 21 chocolates.



### LEMON

#### MEMORY & CONCENTRATION

*Cacao, acacia honey, blueberry, Citrus limon*

The refreshing and invigorating properties of lemon oil stimulate our cognitive system. It pairs perfectly with tea and cold beverages during periods of intense effort.

### MANDARIN ●

#### HAPPINESS & RELAXATION

*Cacao, acacia honey, sweet cherry, Citrus reticulata*

Mandarin oil creates a feeling of happiness. The floral and fruity notes blend perfectly with absolutely everything at any time of the day.

### GINGER ●

#### VITALITY, DIGESTION & IMMUNITY

*Cacao, acacia honey, Zingiber officinale*

Ginger oil produces a feeling of confidence and strength. Discover how the warm, spicy flavors boost your immune system and digestion. Ideal after a meal or before exercise. Delicious with hot drinks.



### PEPPERMINT

#### IMMUNITY, DIGESTION & RESPIRATORY HEALTH

*Cacao, acacia honey, sweet orange, Mentha x piperita*

Peppermint oil awakens all your senses. It's like an intensely refreshing bite of generosity. With pure cocoa, it forms a timeless duo. Enjoy it after a meal or as a snack.



### PINE

#### RESPIRATORY HEALTH, WINTER BLUES & SPRING FATIGUE

*Cacao, acacia honey, Pinus sylvestris*

The fragrance of pine oil illuminates and uplifts the mind and blends harmoniously with the earthy botanical notes and woody aromas of cocoa oak. Enjoy with coffee, tea, beer, gin and whiskey.



### JASMINE

#### WARMTH & SENSUALITY

*Cacao, acacia honey, Jasminum officinale, balsamico*

Jasmine oil is described as exotic, sensual and sweet. Divine in combination with pure cocoa! Exquisite with tea and drinks with fruity notes such as champagne or white wine.

## Wellness box

Based on both scientific insights and the traditional use of essential oils, we have created the following wellness boxes for you. Available in beautiful and durable luxury box containing **21 chocolates**.

●  
**LOVE**  
**LOVE ALWAYS**

*12 ginger and 9 jasmine chocolates*

Ginger oil is nicknamed the “Flavor of Empowerment” because of the self-confidence it brings. Since ancient times, people have enjoyed this exotic, sensual, warm and sweet aroma of jasmine. The ideal gift, as a sign of friendship, love and affection.

●  
**PEACE**  
**DIGESTION**

*12 ginger and 9 peppermint chocolates*

The digestive system is one of the most important mechanisms of the body. You are what you eat. Ginger and peppermint oil are scientifically proven to promote and harmonize digestion. As a gift or for yourself before dinner time or to enjoy at home in the evening.

●  
**HAPPY**  
**JOY**

*9 mandarin, 6 jasmine and 6 pine pralines*

The scent of mandarin oil awakens a feeling of joy and happiness. Pine oil is known for its purifying, revitalizing and refreshing properties; the fragrance of jasmine oil for its exotic, sensual, warm and sweet aromas. A loving gift for all occasions.

●  
**BREATH**  
**IMMUNE SYSTEM**

*6 ginger, 6 peppermint and 9 pine pralines*

Give your immune system an extra boost! Ginger and peppermint oil helps increase natural resistance; pine oil has a soothing effect on the respiratory tract. The best gift for your health!



## 100% NATURAL FOOD SUPPLEMENT

Our 100% pure cocoa is a natural source of iron, copper and chromium. That's why our chocolates support the immune system, improve memory function and reduce fatigue. They also contribute to skin and hair health and have antioxidant properties.

The essential oils, carefully added to the filling, give a natural and pleasant taste and provide additional beneficial effects known in traditional natural medicine.

The chocolates are recognized as a food supplement, so you can also take them as a cure.

### QUICK BOOST

2 to 4 chocolates spread over the day

### GENTLE CURE

1 to 2 chocolates a day for 21 days

### INTENSIVE CURE

3 to 4 chocolates a day for 7 days

## NUTRITIONAL VALUE PER PRALINE

(average weight of a praline is 8g)

<b>Energetic value (kJ)</b> .....	178,89
<b>Fats (g)</b> .....	3,28
saturated .....	1,97
monounsaturated.....	1,06
polyunsaturated .....	0,09
cholesterol.....	0,00
<b>Carbohydrates (g)</b> .....	2,26
mono- and disaccharides .....	2,02
polysachariden.....	0,00
starch .....	0,22
fibers .....	0,82
<b>Proteins (g)</b> .....	0,54
milk proteins.....	0,00
<b>Salt (g)</b> .....	0,0008

## Do you enjoy our chocolates? Spread the word!

Share a picture of your Chocolat Essentiel moment.  
Tag us and get a chance to win a luxury box  
filled with your favorite chocolates!



[www.chocolatessentiel.be](http://www.chocolatessentiel.be)