

A GUIDE TO CACAO CONTRAINDICATIONS

A few precautions regarding Cacao's compatibility with some health disorders or medications

Cacao (Theobromine cacao) is an evergreen tree whose fully fermented fruit seeds, known as "cacao beans," are the main ingredient in Cacao Nibs, Cacao Paste, Cacao Butter, and Chocolate. Cacao contains many bioactive compounds and essential minerals that work together to support immune function, cardiovascular health, enhance cognitive function, elevate mood, and improve mental health, oxidative stress, metabolic syndrome, inflammatory conditions, fatigue, skin health, bone health and overall nutritional health.

It is important to respect the subtle yet profound power of this plant medicine - she is not for everyone, but she is for most people! Whilst the health benefits of cacao are vast, and scientific studies have shown cacao can assist with many symptoms and conditions naturally, there are a few precautions regarding its compatibility with some health disorders or medications that should be explored before consuming cacao.

Antidepressants

15-20g dose for anyone taking antidepressants and 5HTP consult health care professional if there are any concerns. Those on MAIO antidepressants should not consume cacao.

- **Pregnancy & Breastfeeding**

Cacao is generally considered safe in pregnancy and during breastfeeding when taken in moderation. We recommend a serving size of 15-20g for those who are pregnant or breastfeeding.

- **GERD**

It is best to begin consuming cacao in a smaller quantity (10-20g) to assess sensitivity.

- **IBS**

It is best to begin consuming cacao in a smaller quantity (10-20g) to assess sensitivity.

- **Bleeding Disorders**

Consult with a doctor prior to consumption if you have a bleeding disorder or are consuming any related medication.

- **Children**

It is best for children to begin consuming cacao in a smaller quantity to assess sensitivity (15-20g).

- **Heart Conditions**

Consult with a doctor before using cacao, and also begin with a lower dose (15-20g).

- **High Blood Pressure**
Consult with a doctor before using cacao, and also begin with a lower dose (15-20g).
- **Low Blood Pressure**
Consult with a doctor before using cacao, and also begin with a lower dose (15-20g).
- **Sensitivities (e.g. caffeine or stimulant sensitivities)**
It is best to begin consuming cacao in a smaller quantity (15-20g) to assess sensitivity.
- **Medication use**
It is best to consult with a doctor about all drugs and supplements you are using or considering prior to the consumption of cacao.

Please note this cacao ceremony is a taster session, and a small cup of 15 -20 g will be served.