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## ***World Heart Day: Know the Importance of Healthy Blood Flow for Your Heart***

Expert Dr. Lori Mosca shares insights for health

**Germantown, Md. (September 29, 2016)** – September 29 is World Heart Day – a day to take stock in our health and evaluate the choices we make every day. Numerous scientific studies have demonstrated that the cocoa flavanols in **CocoaVia**<sup>®</sup> supplement promote healthy blood flow from head to toe<sup>†</sup>. Our entire bodies, including our heart, depend on healthy blood flow, which helps us feel and perform at our best.

Dr. Lori Mosca, an expert in preventive cardiology and women's health, encourages people to examine their health and adopt healthy choices into everyday life. "World Heart Day is a great reminder to reevaluate our commitment to ourselves through living a healthy lifestyle," said Mosca. "Living healthfully doesn't have to be a chore, rather a few small changes to our routine can be important steps towards supporting our heart health."

Doing what we can to promote healthy blood flow is particularly important as we age, helping to maintain who we are for years to come. Cocoa flavanols are the beneficial plant-based nutrients (phytonutrients) found naturally in cocoa that work with your body to maintain healthy levels of nitric oxide. Nitric oxide is critical to maintaining the flexibility of blood vessels, helping support the healthy flow of oxygen-and-nutrient-rich blood to your entire body.

"The health of your circulatory system is a huge contributor to your overall health," said Mosca. "Healthy blood vessels are elastic and flexible, allowing oxygen and nutrients to make their way to your cells. As we age, it's important to do what we can to promote healthy blood flow through diet and exercise."

**CocoaVia**<sup>®</sup> daily cocoa extract supplement delivers the highest concentration of cocoa flavanols in a cocoa extract supplement today and comes in convenient capsules and three great flavors of powdered stick packs. These options make it convenient for you to add **CocoaVia**<sup>®</sup> to smoothies, coffee, or any food or beverage of choice.

Visit [CocoaVia.com](http://CocoaVia.com) for more information about the benefits of cocoa flavanols.

*Dr. Lori Mosca is a paid educational consultant for the **CocoaVia**<sup>®</sup> brand.*

<sup>†</sup>*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

### **About Mars Symbioscience**

Pioneering some of the most innovative and breakthrough fundamental scientific research, and with sustained funding from Mars, Incorporated, Mars Symbioscience was established in 2005 as an internal technology-based health and life sciences venture area to develop and commercialize new products and services supported by evidence-based science. To date, Symbioscience has successfully incubated, introduced and transitioned five technology platforms in the areas of food, plant, biomedical and life sciences, including Wisdom Panel<sup>®</sup>, ([www.wisdompanel.com](http://www.wisdompanel.com)), a range of complex canine genetic tests for breeders and veterinarians and, CocoaVia<sup>®</sup> ([www.cocoaivia.com](http://www.cocoaivia.com)), a revolutionary new cocoa flavanol extract-based dietary supplement that promotes healthy blood flow from head to toe and thus

ultimately supports cardiovascular health in people. For more information, please visit [www.marssymbioscience.com](http://www.marssymbioscience.com).

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