

The 100: Hemp-Based Chocolate Bar Recipe

Ingredients

Hempseed Base

- **Hempseed Base (5000 mg)**
- *Source:* Organic Hempseed, Organic Cacao
- *Purpose:* Provides the base for the chocolate bar, offering a rich, nutritious foundation with essential fatty acids and protein.

Bioactive Plant Molecules (100 mg total)

- **Curcumin (50 mg)**
- *Source:* Turmeric
- *Purpose:* Potent antioxidant and anti-inflammatory.
- **Resveratrol (20 mg)**
- *Source:* Grapes
- *Purpose:* Antioxidant, anti-inflammatory, and anti-cancer effects.
- **Lycopene (15 mg)**
- *Source:* Tomatoes
- *Purpose:* Antioxidant that fights free radicals and cancer cell growth.
- **EGCG (30 mg)**
- *Source:* Green Tea
- *Purpose:* Antioxidant that induces apoptosis and inhibits angiogenesis.
- **Anthocyanins (25 mg)**
- *Source:* Berries
- *Purpose:* Antioxidant properties, apoptosis-inducing, and inhibits proliferation.

Apoptosis Inducers (120 mg total)

- **Quercetin (40 mg)**
 - *Source:* Apples, Onions
 - *Purpose:* Induces apoptosis and cell cycle arrest.
- **Sulforaphane (20 mg)**
 - *Source:* Broccoli
 - *Purpose:* Inhibits histone deacetylase and induces detoxification enzymes.
- **Indole-3-Carbinol (15 mg)**
 - *Source:* Cruciferous Vegetables
 - *Purpose:* Modulates estrogen metabolism and induces apoptosis.
- **Betulinic Acid (10 mg)**
 - *Source:* Birch Bark
 - *Purpose:* Induces apoptosis and inhibits angiogenesis.

Angiogenesis Inhibitors (50 mg total)

- **Kaempferol (15 mg)**
 - *Source:* Kale, Beans
 - *Purpose:* Inhibits angiogenesis and induces apoptosis.
- **Baicalein (10 mg)**
 - *Source:* Scutellaria Baicalensis
 - *Purpose:* Inhibits metastasis and induces apoptosis.
- **Honokiol (10 mg)**
 - *Source:* Magnolia Bark
 - *Purpose:* Inhibits angiogenesis and induces apoptosis.
- **Ursolic Acid (15 mg)**
 - *Source:* Apples, Basil
 - *Purpose:* Inhibits metastasis and induces apoptosis.

Metastasis Blockers (50 mg total)

- **Ellagic Acid (25 mg)**
 - *Source:* Pomegranates
 - *Purpose:* Induces apoptosis and inhibits proliferation.
- **Thymoquinone (15 mg)**
 - *Source:* Black Cumin
 - *Purpose:* Inhibits angiogenesis and induces apoptosis.
- **Andrographolide (10 mg)**
 - *Source:* Andrographis Paniculata
 - *Purpose:* Suppresses proliferation and metastasis.

Detoxifiers (65 mg total)

- **Chlorogenic Acid (20 mg)**
 - *Source:* Coffee, Fruits
 - *Purpose:* Antioxidant, anti-inflammatory, and apoptosis-inducing.
- **Glucosinolates (25 mg)**
 - *Source:* Cruciferous Vegetables
 - *Purpose:* Induces detoxification enzymes and inhibits proliferation.
- **Limonene (20 mg)**
 - *Source:* Citrus Peel
 - *Purpose:* Induces apoptosis and inhibits cancer cell proliferation.

Cannabinoids (100 mg total)

- **CBD (25 mg)**
 - *Source:* Cannabis
 - *Purpose:* Induces apoptosis and inhibits proliferation.
- **CBG (25 mg)**
 - *Source:* Cannabis
 - *Purpose:* Induces apoptosis and inhibits proliferation.
- **CBC (15 mg)**

- *Source:* Cannabis
- *Purpose:* Anti-inflammatory effects and inhibits proliferation.
- **THCV (10 mg)**
- *Source:* Cannabis
- *Purpose:* Modulates cannabinoid receptors and antagonizes THC at low doses.

Inflammation Fighters (40 mg total)

- **Beta-Caryophyllene (20 mg)**
- *Source:* Black Pepper, Cloves
- *Purpose:* Anti-inflammatory agent and induces apoptosis.
- **Linalool (20 mg)**
- *Source:* Lavender
- *Purpose:* Anti-inflammatory and apoptosis-inducing effects.

Immune Modulators (50 mg total)

- **Phytosterols (25 mg)**
- *Source:* Nuts, Seeds
- *Purpose:* Modulates immune response and induces apoptosis.
- **Saponins (15 mg)**
- *Source:* Legumes, Beans
- *Purpose:* Induces apoptosis and inhibits proliferation.
- **Ginsenosides (10 mg)**
- *Source:* Ginseng
- *Purpose:* Modulates immune response and has anti-cancer effects.