Dozens of studies demonstrate that cacao, cocoa and high-quality dark chocolate foods can support human health in a variety of ways. Epicatechin could potentially get rid of 4 of the 5 most common diseases in the world. Global Research Focuses on Cocoa

In their findings—both additional elements of validation for the effects of diet on human health, cocoa has been extensively studied in relation to cardiovascular health. In 2016, a meta-analysis of 70 studies reported that people who consumed cocoa had a lower risk of developing heart disease and cardiovascular disease. Cocoa has also been shown to improve endothelial function, reduce inflammation, and improve blood pressure in people with hypertension.

Cocoa’s Benefits: At a Glance

- **Brain/mental function**
- **Eyes/visual health**
- **Oral health**
- **Skin health**
- **Cardiovascular health**
- **Weight control**

Other benefits:
- Lessen inflammatory response
- Combat oxidative stress
- Help relieve diabetetic symptoms
- Increase energy/physical stamina
- Aid immune function
- Cellular protection

What Kind of Chocolate is Best?

Choose dried, not roasted, cacao

Bitter is best. Although milk chocolate and white chocolate are also beneficial, they contain less cocoa butter and cocoa solids than dark chocolate. Choose dark chocolate with at least 70% cocoa, as it is the least processed and contains the most beneficial nutrients.

How much chocolate should you eat? How much chocolate should you eat? The amount of chocolate that you should eat is highly dependent on your individual needs and health goals. In general, it is recommended to consume chocolate in moderation, as it is high in calories and sugar. However, dark chocolate in particular has been shown to have health benefits, so enjoying it occasionally as a treat can be a part of a balanced diet.

Additional References:


To order additional copies call 877.225.3521 or visit www.healthychocolatetools.com
**Antioxidant/Oxidative Stress**

In young rats favours the T helper 1 (Th1) response and "Studies in this line suggest that high-dose cocoa intake... protective properties of polyphenolic compounds..." 

**SCIENTIFIC SUPPORT**

- Cocoa appears to enhance the function of specific immune cells via the ERK1/2 pathway to protect against oxidative stress-induced... 
- Cocoa flavonoids have shown a powerful antioxidant activity against radiation and... 

**KEY BENEFITS**

- Free radical damage is linked to more than 100... 
- Cocoa can help repair exercise-induced muscle damage,... 
- Ingested cocoa can prevent high-fat diet-induced obesity by... 

**Cardiovascular Health**

"Cocoa polyphenols moderate inflammation and..."  
**SCIENTIFIC SUPPORT**

- Ingested cocoa can prevent high-fat diet-induced obesity by... "Our findings suggest that..."  
- Recent years have revealed the potential of chocolate's... "The prospect of increasing cerebral perfusion..." 
- "Ingested cocoa can prevent high-fat diet-induced obesity by... "Dietary supplementation with..." 
- "Induces its rich flavone reactivity vascular dysfunction in diabetes, highlighting therapeutic potentials in cardiovascular disease."  

**KEY BENEFITS**

- The protective effects of cocoa on the heart and vascular system... 
- Numerous studies indicate that dark chocolate... 
- "The use of flavanol-enriched cocoa beans and cocoa powder..." 

**Visual/Eye Health**

"Recent studies indicate that cocoa dark chocolate may significantly reduce blood clotting..."  
**SCIENTIFIC SUPPORT**

- A growing body of research associates chronic... 
- Cocoa polyphenols protect the skin from UV radiation... 
- Cocoa flavanols and procyanidins can modulate... 
- "Oxidative stress and relieve inflammation..."  

**KEY BENEFITS**

- Several chemicals in cocoa enhance mood, decrease... 
- Research shows that cocoa can improve platelet function, decrease blood clotting and control blood sugar/health levels... 
- "A significant reduction in the incidence of prostate tumors..."  
- "Ingested cocoa can prevent high-fat diet-induced obesity by..." 

**Oral Health**

"Cocoa polyphenols moderate inflammation and..."  
**SCIENTIFIC SUPPORT**

- Cocoa polyphenols moderate inflammation and..."  
- Ingested cocoa can prevent high-fat diet-induced obesity by... "Our findings suggest that..."  
- "Ingested cocoa can prevent high-fat diet-induced obesity by..." "A significant reduction in the incidence of prostate tumors..."  

**KEY BENEFITS**

- Ingested cocoa can prevent high-fat diet-induced obesity by... "Our findings suggest that..."  
- "Ingested cocoa can prevent high-fat diet-induced obesity by..." "A significant reduction in the incidence of prostate tumors..." 

**Weight Control**

"Cocoa polyphenols moderate inflammation and..."  
**SCIENTIFIC SUPPORT**

- "Our findings suggest that..."  
- "Ingested cocoa can prevent high-fat diet-induced obesity by..." "A significant reduction in the incidence of prostate tumors..." 

**Weight Gain**

"Cocoa polyphenols moderate inflammation and..."  
**SCIENTIFIC SUPPORT**

- "Our findings suggest that..."  
- "Ingested cocoa can prevent high-fat diet-induced obesity by..." "A significant reduction in the incidence of prostate tumors..." 

**Macronutrients**

"Ingested cocoa can prevent high-fat diet-induced obesity by... "Our findings suggest that..."  
**SCIENTIFIC SUPPORT**

- "Ingested cocoa can prevent high-fat diet-induced obesity by..." "A significant reduction in the incidence of prostate tumors..." 
- "Ingested cocoa can prevent high-fat diet-induced obesity by..." "A significant reduction in the incidence of prostate tumors..."