

The Benefits of...

Dark Chocolate



Choose a chocolate that has **70%** Cocoa or higher

Cocoa contains **flavonoids** which have been shown to:

1. Lower blood pressure
2. Reduce risk of heart disease
3. Provide cancer fighting properties

The higher the cocoa percent, the more flavonoids the chocolate will have and then less added sugar it will contain.

High Flavonoid Chocolate Brands



Left to Right: Ghirardelli 86% Midnight Reverie, Green and Black's Organic 70%, Endangered Species 88%, Godiva Dark Chocolate, 72%