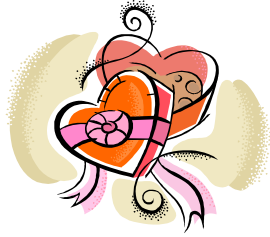



The health benefits of




Chocolate

Ok, so it's Valentine's Day and you've overindulged in chocolate, don't despair, even chocolate has it's health benefits!

 *Chocolate contains essential trace elements and nutrients such as iron, calcium and potassium, and vitamins A, B1, C, D, and E.*

 *Cocoa is also the highest natural source for Magnesium.*

 *Lowers LDL cholesterol and raises HDL.*

 *Phenylethamines found in chocolate act as a mood altering mild aphrodisiac.*

Dark chocolate is healthiest and the best way to satisfy a craving for chocolate, without consuming too much sugar and saturated fat. (solid bars, not creamy centers!)

Cocoa powder ranks the highest of the chocolate products, followed by dark chocolate and milk chocolate. Dark chocolate contains about eight times the polyphenol antioxidants as strawberries.

Dark chocolate 1.5 oz -300 mg Polyphenals

Green Tea 8 oz -400 mg Polyphenals

Wine 5 oz -170 mg Polyphenals

Antioxidants are also found in fruits and vegetables, red wine, green tea, olive oil, nuts, vitamins C & E

Eat chocolate in moderation, as a part of a healthy diet!

*Chocolate Information Center on the web at <http://www.chocolateinfo.com/index.jsp>
March 1999, American Chemical Society, Vinson (University of Scranton, Pennsylvania)*