

## 5 BENEFITS OF DARK CHOCOLATE

# *Eat More Dark Chocolate*

### Improved Heart Health

Flavanols have a very positive effect on heart health by reducing blood pressure and improving blood flow to the heart as well as the brain.

### Contains Beneficial Antioxidants

Dark chocolate is loaded with antioxidants. Which are compounds that are believed to neutralize free radicals and protect the body from damage and disease.

### Cancer Prevention

Dark Chocolate has the ability to decrease oxidative stress, reduce inflammation and block the growth of cancer cells.

### Support Cholesterol Profile

The cocoa butter found in chocolate is rich in healthy fats and polyphenols, which are beneficial compounds that act as antioxidants in the body.

### Improves Blood Pressure

Several studies show that adding chocolate to your diet can reduce blood pressure levels, which could help protect against conditions like heart disease and stroke.

**70-85% COCAO RECOMENDED FOR  
MAX THERAPEUTIC BENEFIT**