



WHAT'S THE BUZZ?

Chocolate's highly caffeinated?
Relax, it's actually not. That's
because the main
active ingredient in
cocoa is actually
Theobromine, not
caffeine.



IT'S BAD FOR YOUR CHOLESTEROL?

High cocoa chocolate helps raise your good cholesterol, which protects your heart. Gotta love that!



SHOULD DIABETICS BEWARE?

Of sugars for sure, but cocoa can help insulin control. Plus, higher cocoa in your chocolate means lower sugar ... win win!





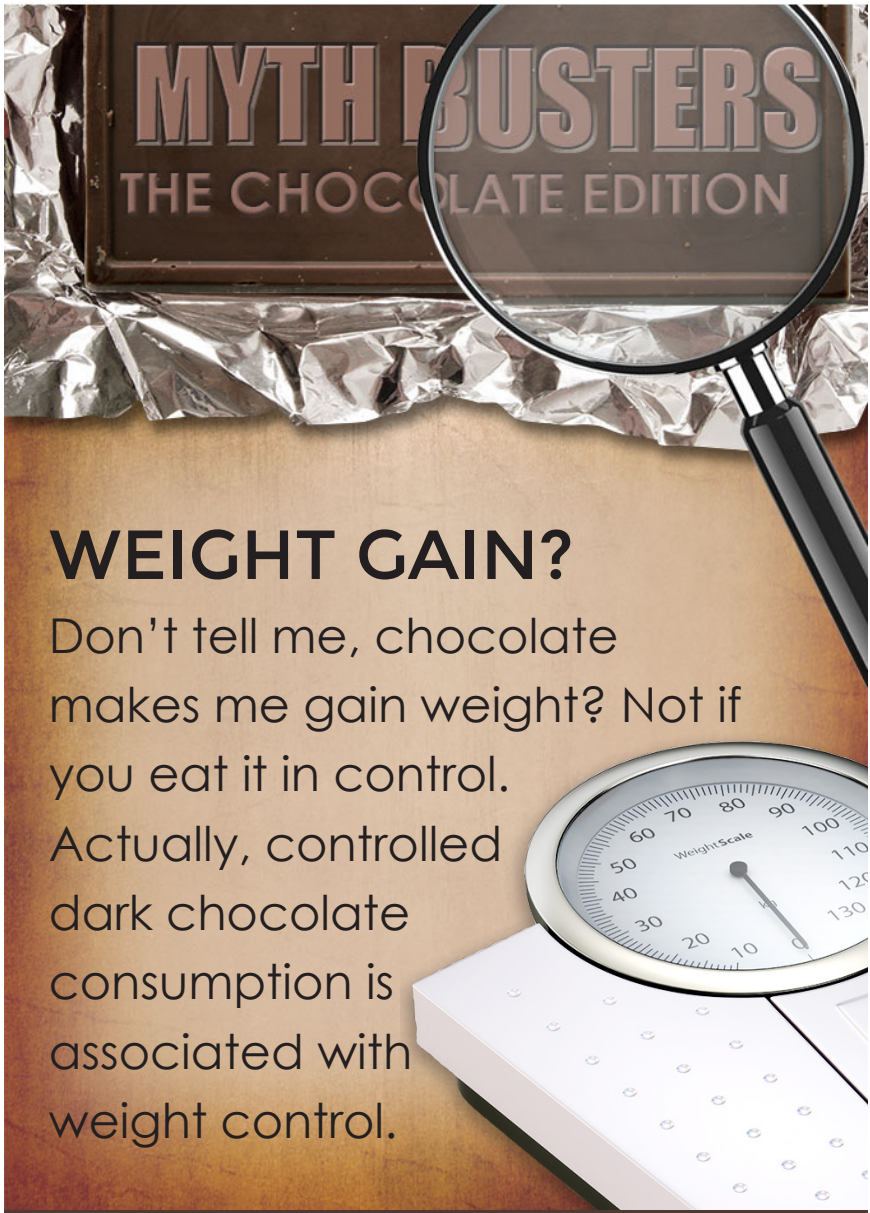
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THE CHOCOLATE EDITION

BAD FOR YOUR TEETH?

No way, not today.
Cocoa has
antibacterial agents
that protect your
teeth. High sugar
products? Not so
much.





WEIGHT GAIN?

Don't tell me, chocolate makes me gain weight? Not if you eat it in control. Actually, controlled dark chocolate consumption is associated with weight control.



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IT KILLS YOUR WORKOUT?

Nay. The cocoa in chocolate increases energy producing cells within muscle tissue, which gives you more energy to do 10 more reps!





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DOES IT CAUSE ACNE?

High cocoa products are actually good for the health of your skin. The sugar in cheaper chocolates may be the actual culprit.

