

A sweet bite, helps make your health right

BOOST YOUR IRON

A single ounce of Cacao beans provides 314% of your RDA of iron. One bar of dark chocolate- made from 70-85% cacao provides 67% of your RDA

LOWER BLOOD SUGAR

Dark Chocolate eaten daily reduced insulin 50%

REDUCE ANXIETY

1,5 ounces of dark chocolate eaten for two weeks , significantly reduced cortisol levels

INCREASE HEART RATE

One square a day lowers blood pressure and reduces your risk of heart attack or stroke by 50%



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4 Great Reasons to Eat Chocolate!

'PASS' this info on.
#chocolate #friday #youngevity — with Mary EisforExcellence Thomas.

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Pam Johnson Osmun Love chocolate friday!! Thanks!



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