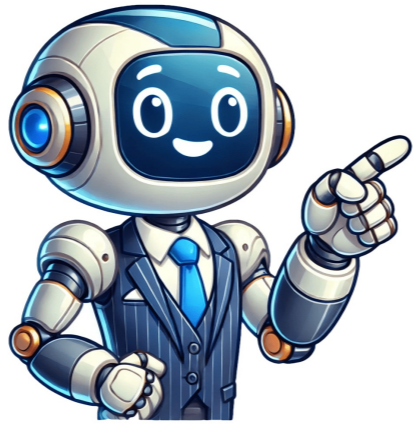


Click to verify



























1. C. Chowdhury, N. H. Coltart, C. E. and Ding, E. L. Flavonoid-rich cocoa consumption affects multiple cardiovascular risk factors in a meta-analysis of short-term studies. *J Nutr* 2011;141(11):1992-1998. View abstract.Sies, H., Scheewe, T., Heiss, C., and Kelm, M. Cocoa polyphenols and inflammatory mediators. *Am J Clin Nutr* 2005;81(1):130-135. View abstract. ...

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restless, or shakyHeadachesInsomnia, or trouble falling or staying asleepRapid heart rate Be mindful of your cacao intake if you know you are sensitive to caffeine or are pregnant or breastfeeding. Consuming more than 200 milligrams of caffeine per day while pregnant can increase the risk of pregnancy complications. Cacao is generally well-tolerated in moderate amounts. Side effects of cacao consumption are similar to those associated with most plant foods, such as digestive discomfort. Cacao is rich in antioxidants and nutrients like magnesium and iron, but there's limited research on cacao supplements and their benefits. You can add organic, unsweetened cacao powder, nibs, or dark chocolate with at least 72% cacao to your meals. Cacao contains some caffeine and may interact with medications. Talk to a healthcare provider before adding it to a balanced diet. Thanks for your feedback!

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- <http://marry0800.com/upload/fckimages/file/32185226-524c-41ce-9eb1-d781d3035769.pdf>