



Results of ConsumerLab.com Testing of Cocoa Products					
(Price Checks are not included in printed reviews)					
Approval Status	Listed	Caffeine &	Cost Per	Cacao/Cocoa	Full List of
Year Published	Serving	Theobromine	Suggested	Source	Ingredients Per
Product Name	Size	Found Per	Serving	Notable	Serving
	Flavanols	Serving	[Cost Per 200 mg	Features	
	& Heavy	Calories	Flavanols Found]		
	Metals	[Claimed]	Price Paid		
	Found Per	Taste			
	Serving				
Dark Chocolate (Bars or Pieces):					
<b>NOT APPROVED</b>	5 sections	Caffeine: 50	\$3.43/5 sections	Source:	5 sections
2019	[40 g]	mg		Ecuador	Calories 260,
Alter Eco® Deep	Flavanols:	Theobromine:	<b>[\$3.09]</b>	<i>Non GMO</i>	Calories from Fat
Dark Blackout -	221.5 mg	375.6 mg	\$27.40/four 2.82	<i>Project Verified</i>	200, Total Fat 22 g,
85% Cocoa	(5.5	Calories: 260	oz [80 g] bars	<i>seal.</i>	Saturated Fat 13 g,
	mg/g)	[6.5 Cal/g]	(approx. 8	<i>International</i>	Trans Fat 0 g,
Dist. by Alter	Cadmium:	Bittersweet,	servings)	<i>Fairtrade</i>	Cholesterol 0 mg,
Eco Foods	14.1 mcg	earthy	\$6.85/bar	<i>Certification</i>	Sodium 0 mg, Total
	(0.35	chocolate	2019 price:	<i>seal. Vegan.</i>	Carbohydrate 11 g,
	mcg/g)	flavor	\$44.28/twelve 2.82	<i>Gluten-Free.</i>	Dietary Fiber 5 g,
			oz [80 g] bar	<b>Precaution:</b>	Sugars 6 g, Protein
	Lead: 1.1			May contain	4 g
	mcg (0.03			milk, hazelnuts,	Additional
	mcg/g)			almonds,	Information
	Arsenic:			coconut, and	5 sections
	<2 mcg			soy.	Calories 260,
	(<0.05				Calories from Fat
	mcg/g)				200, Total Fat 22
					g, Saturated Fat
					13 g, Trans Fat 0
					g, Cholesterol 0
					mg, Sodium 0
					mg, Total
					Carbohydrate 11
					g, Dietary Fiber 5
					g, Sugars 6 g,
					Protein 4 g,
					Percent of
					recommended
					daily intake:
					Vitamin A 0%,
					Vitamin C 0%,
					Calcium 2%, Iron


					2%.  Ingredients: Organic cacao beans, organic cocoa butter, organic raw cane sugar, organic vanilla beans.
<p><b>APPROVED 2022</b></p> <p>Baker's Semi-Sweet Chocolate - 56% Cacao</p>  <p>Dist. by Kraft Heinz Foods</p>	<p>2 pieces [14 g]</p> <p>Flavanols: 74 mg (5.3 mg/g)</p> <p>Cadmium: 0.91 mcg (0.07 mcg/g)</p> <p>Lead: 0.2 mcg (0.01 mcg/g)</p> <p>Arsenic: 1.1 mcg (0.08 mcg/g)</p>	<p>Caffeine: 9.8 mg</p> <p>Theobromine: 82.6 mg</p> <p>Calories: 70 [5 Cal/g]</p> <p><i>Mild dark chocolate flavor, very sweet (6 g of sugar per 14 g)</i></p>	<p>\$0.43/2 pieces</p> <p><b>[\$1.17]</b></p> <p>\$3.49/4 oz [113 g] bar (approx. 8 servings)</p>	<p>Source: Not listed</p> <p>Kosher.</p> <p><b>Precaution:</b> Contains: Soy. May Contain: Milk.</p>	<p>2 pieces</p> <p>Calories 70, Total Fat 5 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 8 g, Dietary Fiber, Total Sugars [Includes 6 g Added Sugars] 6 g, Protein less than 1 g, Vit. D 0 mcg, Calcium 0 mg, Iron 1.4 mg</p> <p>Additional Information</p> <p>2 pieces Calories 70, Total Fat 5 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 8 g, Dietary Fiber, Total Sugars [Includes 6 g Added Sugars] 6 g, Protein less than 1 g, Vit. D 0 mcg, Calcium 0 mg, Iron 1.4 mg, Potas. 0 mg.</p> <p>Ingredients:</p>


					Semi-Sweet Chocolate (Chocolate, Sugar, Cocoa Butter, Soy, Lecithin [Emulsifier], Vanilla Extract).
<p><b>APPROVED</b></p> <p>2019</p> <p>Baker's Unsweetened - 100% Cacao</p>  <p>Dist. by Kraft Heinz Foods</p>	<p>2 pieces [14 g]</p> <p>Flavanols: 109.8 mg (8.5 mcg/g)</p> <p>Cadmium: 2.9 mcg (0.21 mcg/g)</p> <p>Lead: 0.42 mcg (0.03 mcg/g)</p> <p>Arsenic: &lt;0.7 mcg (&lt;0.05 mcg/g)</p>	<p>Caffeine: 18.3 mg</p> <p>Theobromine: 171.6 mg</p> <p>Calories: 70 [5 Cal/g]</p> <p><i>Slightly bitter, rich chocolate flavor</i></p>	<p>\$0.34/2 pieces</p> <p><b>[\$0.61]</b></p> <p>\$2.69/4 oz [113 g] bar (approx. 8 servings)</p> <p>2019 price: \$2.79/4 oz [113 g] bar</p>	<p>Source: Not listed</p> <p><i>Kosher.</i></p> <p><b>Precaution:</b> May Contain: Milk.</p>	<p>2 pieces</p> <p>Calories 70, Total Fat 7 g, Saturated Fat 4.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 4 g, Dietary Fiber 3 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 2 g, Vit. D 0 mcg, Calcium 0 mg, Iron 2.8 mg</p> <p>Additional Information</p> <p>2 pieces</p> <p>Calories 70, Total Fat 7 g, Saturated Fat 4.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 4 g, Dietary Fiber 3 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 2 g, Vit. D 0 mcg, Calcium 0 mg, Iron 2.8 mg, Potas. 150 mg.</p> <p>Ingredients:</p>

					Chocolate.
<p><b>APPROVED 2022</b></p> <p>Choc Zero Sugar Free 70% Cocoa Dark Chocolate</p>  <p>Dist. by ChoZero, Inc.</p>	<p>1 piece [10 g]</p> <p>Flavanols: 19.9 mg <b>(2 mg/g)</b></p> <p>Cadmium: 0.29 mcg <b>(0.03 mcg/g)</b></p> <p>Lead: 0.3 mcg <b>(0.03 mcg/g)</b></p> <p>Arsenic: &lt;0.17 mcg <b>(&lt;0.02 mcg/g)</b></p>	<p>Caffeine: 5.9 mg</p> <p>Theobromine: 51.4 mg</p> <p>Calories: 45 [4.5 Cal/g]</p> <p><i>Moderate dark chocolate flavor, mildly sweet and fruity/nutty (from monk fruit) (zero sugar)</i></p>	<p>\$0.50/piece</p> <p><b>[\$5.01]</b></p> <p>\$4.99/10 pieces</p>	<p>Source: Not listed</p> <p><i>Zero Added Sugar.</i></p> <p><b>Precaution:</b> Produced in a facility that processes dairy, peanuts, and tree nuts. Not a low calorie food.</p>	<p>1 piece</p> <p>Calories 45, Total Fat 4 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 5 g, Dietary Fiber 4 g, Total Sugar [Includes 0 g Added Sugar] 0 g, Protein 0 g, Vitamin D 0 mcg, Calcium 3 mg, Iron 0 mg, Potassium 29 mg</p> <p><b>Additional Information</b></p> <p>1 piece</p> <p>Calories 45, Total Fat 4 g, Saturated Fat 2 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 5 g, Dietary Fiber 4 g, Total Sugar [Includes 0 g Added Sugar] 0 g, Protein 0 g, Vitamin D 0 mcg, Calcium 3 mg, Iron 0 mg, Potassium 29 mg.</p> <p>Ingredients: Dark chocolate (unsweetened chocolate, cocoa butter), Non-GMO resistant dextrin, sunflower</p>

					lecithin, monk fruit extract, Madagascar bourbon vanilla beans.
<p><b>APPROVED</b></p> <p>2019</p> <p>Chocolove Strong Dark Chocolate - 70% Cocoa Content</p>  <p>Dist. by Chocolove</p>	<p>1/3 bar [30 g]</p> <p>Flavanols: 145.8 mg (4.9 mcg/g)</p> <p>Cadmium: 2.7 mcg (0.09 mcg/g)</p> <p>Lead: &lt;0.75 mcg (&lt;0.03 mcg/g)</p> <p>Arsenic: &lt;1.5 mcg (&lt;0.05 mcg/g)</p>	<p>Caffeine: 31.8 mg</p> <p>Theobromine: 304.5 mg</p> <p>Calories: 160 [5.3 Cal/g]</p> <p>Sweet, fairly smooth flavor, slightly waxy</p>	<p>\$1.10 per 1/3 bar</p> <p><b>[\$1.51]</b></p> <p>\$3.30/3.2 oz [90 g] bar (approx. 3 servings)</p> <p>2019 price: \$2.36/3.2 oz [90 g] bar</p>	<p>Source: African and Caribbean</p> <p>Non GMO</p> <p>Project Verified seal. Kosher.</p> <p>Rainforest Alliance Certified seal.</p> <p><b>Precaution:</b> Contains Soy. May Contain Traces Of Milk, Wheat, Peanuts Or Other Nuts.</p>	<p>1/3 bar</p> <p>Calories 160, Fat Cal. 110, Total Fat 13 g, Sat Fat 8 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 0 mg, Total Carb. 14 g, Fiber 3 g, Sugars 9 g, Protein 2 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 30%.</p> <p>Ingredients: Cocoa Liquor</p> <p>Additional Information</p> <p>1/3 bar</p> <p>Calories 160, Fat Cal. 110, Total Fat 13 g, Sat Fat 8 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 0 mg, Total Carb. 14 g, Fiber 3 g, Sugars 9 g, Protein 2 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 30%.</p>


					Ingredients: Cocoa Liquor, Sugar, Cocoa Butter, Soy Lecithin, Vanilla.
<p><b>APPROVED</b> 2019</p> <p>Endangered Species™ Chocolate Strong + Velvety Dark Chocolate - 88% Cocoa</p>  <p>Dist. by Endangered Species Chocolate, LLC</p>	<p>1/3 bar [28 g]</p> <p>Flavanols: 157.9 mg <b>(5.6 mcg/g)</b></p> <p>Cadmium: 1.5 mcg <b>(0.05 mcg/g)</b></p> <p>Lead: &lt;0.7 mcg <b>(&lt;0.03 mcg/g)</b></p> <p>Arsenic: &lt;1.4 mcg <b>(&lt;0.05 mcg/g)</b></p>	<p>Caffeine: 32.5 mg</p> <p>Theobromine: 321.2 mg</p> <p>Calories: 180 [6.4 Cal/g]</p> <p>Bittersweet</p>	<p>\$1.05 per 1/3 bar</p> <p><b>[\$1.33]</b></p> <p>\$3.14/3 oz [85 g] bar (approx. 3 serving)</p> <p>2019 price: \$3.49/3 oz [85 g] bar</p>	<p>Source: Not listed</p> <p><i>Non GMO Project Verified seal. International Fairtrade Certification seal. Kosher. Certified Vegan Vegan.org seal. Gluten-Free.</i></p> <p><b>Precaution:</b> Allergens: Contains Soy. Produced On Equipment That Also Processes Products Containing Milk</p> <p>Additional Information</p> <p>Source: Not listed</p> <p><i>Non GMO Project Verified seal. International Fairtrade Certification seal. Kosher. Certified Vegan Vegan.org seal. Gluten-Free.</i></p>	<p>1/3 bar [28 g] Calories 180, Total Fat 13 g, Sat. Fat 8 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 0 mg, Total Carb. 11 g, Total Sugars [Incl. 3 g Added Sugars] 3 g, Protein 3 g, Vitamin D 0 mcg, Calcium 0 mg, Iron 1.5 mg, Potassium 260 mg.</p> <p>Ingredients: Bittersweet Chocolate</p> <p>Additional Information</p> <p>1/3 bar [28 g] Calories 180, Total Fat 13 g, Sat. Fat 8 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 0 mg, Total Carb. 11 g, Total Sugars [Incl. 3 g Added Sugars] 3 g, Protein 3 g, Vitamin D 0 mcg, Calcium 0 mg, Iron 1.5 mg, Potassium 260 mg.</p> <p>Ingredients: Bittersweet</p>

				<p><b>Precaution:</b> Allergens: Contains Soy. Produced On Equipment That Also Processes Products Containing Milk, Peanuts And Tree Nuts.</p>	Chocolate (Chocolate Liquor, Sugar, Soy Lecithin, Vanilla).
<p><b>NOT APPROVED 2022</b></p> <p>Evolved® Midnight Coconut 100% Cacao Chocolate Bar</p>  <p>Dist. by Eating Evolved®</p>	<p>3/7 bar [28 g]</p> <p>Flavanols: 209.4 mg (7.5 mcg/g)</p> <p>Cadmium: 7.7 mcg (0.27 mcg/g)</p> <p>Lead: 1.1 mcg (0.04 mcg/g)</p> <p>Arsenic: 1 mcg (0.04 mcg/g)</p>	<p>Caffeine: 33.9 mg</p> <p>Theobromine: 282.8 mg</p> <p>Calories: 160 [5.7 Cal/g]</p> <p><i>Bitter dark chocolate flavor, not sweet, with small bits of coconut but very little coconut flavor (zero sugar; no sweeteners)</i></p>	<p>\$2.10 per 3/7 bar</p> <p><b>[\$2.01]</b></p> <p>\$39.00/eight 2.3 oz [65 g] bars (approx. 18.4 servings)</p> <p>\$4.88/bar</p>	<p>Source: Not listed</p> <p><i>Rainforest Alliance People &amp; Nature seal. USDA Organic seal. Keto. Vegan. Paleo. No Sugar Added.</i></p> <p><b>Precaution:</b> Contains: Coconut. May Contain Traces of Almonds, Cashews, Hazelnuts</p> <p>Additional Information</p> <p>Source: Not listed</p> <p><i>Rainforest Alliance People &amp; Nature seal. USDA Organic seal. Keto. Vegan. Paleo.</i></p>	<p>3/7 bar</p> <p>Calories 160, Total Fat 17 g, Saturated Fat 11 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Total Carbohydrate 7 g, Dietary Fiber 4 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 3 g, Vitamin D 0.6 mcg, Calcium 17.5 mg, Iron 2.5 mg</p> <p>Additional Information</p> <p>3/7 bar</p> <p>Calories 160, Total Fat 17 g, Saturated Fat 11 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Total Carbohydrate 7 g, Dietary Fiber 4 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 3 g, Vitamin D 0.6</p>


				<p><i>No Sugar Added.</i></p> <p><b>Precaution:</b> Contains: Coconut. May Contain Traces of Almonds, Cashews, Hazelnuts, Macadamia Nuts, Sesame And Walnuts. Not a low calorie food.</p>	<p>mcg, Calcium 17.5 mg, Iron 2.5 mg, Potassium 190 mg.</p> <p>Ingredients: Organic Cacao, Organic Coconut, Organic Cacao Butter.</p>
<p><b>APPROVED 2022</b></p> <p>Top Pick for Sweetened Dark Chocolate Bars Ghirardelli® Intense Dark 72% Cacao Dark Chocolate</p>  <p>Mfd. by Ghirardelli Chocolate Company</p>	<p>2 pieces [25 g]</p> <p>Flavanols: 318.5 mg (<b>12.7 mg/g</b>)</p> <p>Cadmium: 2.7 mcg (<b>0.11 mcg/g</b>)</p> <p>Lead: &lt;0.23 mcg (<b>&lt;0.01 mcg/g</b>)</p> <p>Arsenic: 0.7 mcg (<b>0.03 mcg/g</b>)</p>	<p>Caffeine: 20.1 mg</p> <p>Theobromine: 157 mg</p> <p>Calories: 130 [5.2 Cal/g]</p> <p><i>Moderate dark chocolate flavor and moderate sweetness (7 g of sugar per 25 g)</i></p>	<p>\$0.85/2 pieces</p> <p><b>[\$0.54]</b></p> <p>\$3.39/3.5 oz [100 g] bar (approx. 4 servings)</p>	<p>Source: Not listed</p> <p>Kosher.</p> <p><b>Precaution:</b> May contain milk and tree nuts.</p>	<p>2 pieces</p> <p>Calories 130, Total Fat 11 g, Saturated Fat 7 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 11 g, Dietary Fiber 3 g, Total Sugars [Includes 6 g Added Sugars] 7 g, Protein 2 g, Vit. D 0 mcg, Calcium 10 mg, Iron 0.9 mg, Potas. 150 mg.</p> <p>Ingredients: Unsweetened chocolate</p> <p>Additional Information</p> <p>2 pieces Calories 130, Total Fat 11 g, Saturated Fat 7 g, Trans Fat 0 g, Cholesterol 0 mg,</p>



					<p>Sodium 0 mg, Total Carbohydrate 11 g, Dietary Fiber 3 g, Total Sugars [Includes 6 g Added Sugars] 7 g, Protein 2 g, Vit. D 0 mcg, Calcium 10 mg, Iron 0.9 mg, Potas. 150 mg.</p> <p>Ingredients: Unsweetened chocolate, cane sugar, cocoa butter, vanilla extract, soy lecithin.</p>
<p><b>NOT APPROVED 2022</b></p> <p>Green &amp; Black's Organic Dark Chocolate - Dark 85% Cacao</p>  <p>Dist. by Mondelez Global LLC</p>	<p>10 pieces [30 g]</p> <p>Flavanols: 198.2 mg <b>(6.6 mcg/g)</b></p> <p>Cadmium: <b>7.2 mcg (0.24 mcg/g)</b></p> <p>Lead: 0.57 mcg <b>(0.02 mcg/g)</b></p> <p>Arsenic: 0.78 mcg <b>(0.03 mcg/g)</b></p>	<p>Caffeine: 40.5 mg</p> <p>Theobromine: 274.5 mg</p> <p>Calories: 190 [6.3 Cal/g]</p> <p><i>Intense dark chocolate flavor with slight sweetness (4 g of sugar per 30 g)</i></p>	<p>\$1.16/10 pieces <b>[\$1.17]</b></p> <p>\$34.80/ten 3.17 oz [90 g] bars (approx. 30 servings)</p> <p>\$3.48/bar</p>	<p>Source: Not listed</p> <p><i>USDA Organic seal. Non GMO Projected Verified seal. Fairtrade® seal. Suitable For Vegetarians. Certified Organic By California Certified Organic Farmers (CCOF).</i></p> <p><b>Precaution:</b> May Contain: Milk, Tree Nuts.</p>	<p>10 pieces</p> <p>Calories 190, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg, Total Carbohydrate 11 g, Dietary Fiber 4 g, Total Sugars [Incl Added Sugars 4 g] 4 g, Protein 3 g, Vitamin D 0.4 mcg, Calcium 20 mg, Iron 3.6 mg, Potassium 230 mg</p> <p>Additional Information</p> <p>10 pieces</p> <p>Calories 190, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 15 mg,</p>


					<p>Total Carbohydrate 11 g, Dietary Fiber 4 g, Total Sugars [Incl Added Sugars 4 g] 4 g, Protein 3 g, Vitamin D 0.4 mcg, Calcium 20 mg, Iron 3.6 mg, Potassium 230 mg.</p> <p>Ingredients: Organic Bittersweet Chocolate (Organic Chocolate Liquor, Organic Cocoa Butter, Organic Cane Sugar, Organic Vanilla Extract).</p>
<p><b>APPROVED 2022</b></p> <p>Hu Salty Dark Chocolate - 70% Cocoa</p>  <p>Dist. by Hu Products LLC</p>	<p>1/2 bar [30 g]</p> <p>Flavanols: 124.2 mg <b>(4.1 mg/g)</b></p> <p>Cadmium: 2.3 mcg <b>(0.08 mcg/g)</b></p> <p>Lead: 0.81 mcg <b>(0.03 mcg/g)</b></p> <p>Arsenic: 0.93 mcg <b>(0.03 mcg/g)</b></p>	<p>Caffeine: 18 mg</p> <p>Theobromine: 192 mg</p> <p>Calories: 190 [6.3 Cal/g]</p> <p><i>Mild dark chocolate flavor, moderately salty and sweet (7 g sugar per 30 g)</i></p>	<p>\$2.65 per 1/2 bar</p> <p><b>[\$4.26]</b></p> <p>\$21.16/four 2.1 oz [60 g] bars (approx. 8 servings)</p> <p>\$5.29/bar</p>	<p>Source: Not listed</p> <p><i>USDA Organic seal. Fairtrade® seal. Certified Vegan Vegan.org seal. Non GMO Project Verified seal. Certified Paleo. Gluten Free. No Sugar Alcohols, No Erythritol.</i></p> <p><b>Precaution:</b> Allergy Statement: Contains coconut</p>	<p>1/2 bar</p> <p>Calories 190, Total Fat 14 g, Saturated Fat 8 g, Sodium 100 mg, Total Carbohydrate 14 g, Dietary Fiber 3 g, Total Sugars [Includes 6 g Added Sugars] 7 g, Protein, Vit. D 0.5 mcg, Calcium 21 mg, Iron 3 mg, Potas. 260 mg</p> <p>Additional Information</p> <p>1/2 bar</p> <p>Calories 190, Total Fat 14 g, Saturated Fat 8 g,</p>


					<p>Additional Information</p> <p>Source: Not listed</p> <p><i>USDA Organic seal.</i></p> <p><i>Fairtrade® seal. Certified Vegan</i></p> <p><i>Vegan.org seal. Non GMO Project Verified seal. Certified Paleo. Gluten Free. No Sugar Alcohols, No Erythritol.</i></p> <p><b>Precaution:</b></p> <p>Allergy Statement: Contains coconut. May contain almond, cashew, hazelnut, pistachio &amp; dairy. Allergens cleans made prior to production, but beware that product is produced using equipment that also processed tree nuts, soy, dairy &amp;</p>	<p>Sodium 100 mg, Total</p> <p>Carbohydrate 14 g, Dietary Fiber 3 g, Total Sugars [Includes 6 g Added Sugars] 7 g, Protein, Vit. D 0.5 mcg, Calcium 21 mg, Iron 3 mg, Potas. 260 mg.</p> <p>Ingredients: Organic cacao, organic unrefined coconut sugar, organic cocoa butter, sea salt.</p>
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				wheat.	
<p><b>APPROVED 2022</b></p> <p>Top Pick for Sweetened Without Sugar Dark Chocolate Bars</p> <p>Lily's® Sea Salt - Extra Dark Chocolate - 70% Cocoa</p>  <p>Dist. by Lily's Sweets LLC</p>	<p>2/5 bar [30 g]</p> <p>Flavanols: 176 mg (5.9 mg/g)</p> <p>Cadmium: 1.1 mcg (0.04 mcg/g)</p> <p>Lead: 0.6 mcg (0.02 mcg/g)</p> <p>Arsenic: &lt;0.6 mcg (&lt;0.02 mcg/g)</p>	<p>Caffeine: 25.5 mg</p> <p>Theobromine: 212.7 mg</p> <p>Calories: 130 [4.3 Cal/g]</p> <p><i>Moderate dark chocolate flavor, with slightly salty with an earthy tone (possibly from chicory) (zero sugar; sweetened with erythritol and stevia, but no aftertaste)</i></p>	<p>\$1.52 per 2/5 bar</p> <p><b>[\$1.72]</b></p> <p>\$45.48/twelve 2.8 oz [80 g] bars (approx. 30 servings)</p> <p>\$3.79/bar</p>	<p>Source: Not listed</p> <p><i>USDA Organic seal. Fairtrade® seal. No Sugar Added. Certified Gluten-Free. Kosher.</i></p> <p><b>Precaution:</b> Allergy Information: Produced On Equipment That Also Processes Product Containing Milk, Peanuts, Soy And Tree Nuts. Not a low calorie food.</p>	<p>2/5 bar</p> <p>Calories 130, Total Fat 12 g, Saturated Fat 7 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 65 mg, Total Carb. 14 g, Dietary Fiber 8 g, Total Sugars [Incl. Added Sugars 0 g] 0 g, Erythritol 5 g, Protein 3 g, Vitamin D 0 mcg, Calcium 15 mg, Iron 3.5 mg, Potassium 210 mg.</p> <p>Ingredients:</p> <p>Additional Information</p> <p>2/5 bar</p> <p>Calories 130, Total Fat 12 g, Saturated Fat 7 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 65 mg, Total Carb. 14 g, Dietary Fiber 8 g, Total Sugars [Incl. Added Sugars 0 g] 0 g, Erythritol 5 g, Protein 3 g, Vitamin D 0 mcg, Calcium 15 mg, Iron 3.5 mg, Potassium 210 mg.</p> <p>Ingredients:</p>


					Unsweetened Chocolate, Erythritol, Chicory Root Fiber, Cocoa Butter, Sea Salt, Sunflower Lecithin, Vanilla Extract, Stevia Extract.
<p><b>NOT APPROVED</b></p> <p>2019</p> <p>Lindt Excellence Supreme Dark - 90% Cocoa</p>  <p>Mfd. by Lindt &amp; Sprungli (USA) Inc.</p>	<p>4 squares [40 g]</p> <p>Flavanols: 147.5 mg (3.7 mcg/g)</p> <p>Cadmium: 5.8 mcg (0.15 mcg/g)</p> <p>Lead: &lt;1 mcg (&lt;0.03 mcg/g)</p> <p>Arsenic: &lt;2 (&lt;0.05 mcg/g)</p>	<p>Caffeine: 42.4 mg</p> <p>Theobromine: 474 mg</p> <p>Calories: 240 [6 Cal/g]</p> <p><i>Slightly sweet, mild chocolate flavor, waxy</i></p> <p>Note: Dutched - alkali processed</p>	<p>\$1.20/4 squares [1.62]</p> <p>\$2.99/3.5 oz [100 g] bar (approx. 2.5 servings)</p> <p>2019 price: \$4.19/3.5 oz [100 g] bar</p>	<p>Source: Not listed</p> <p><b>Precaution:</b> May contain traces of peanuts/ soybeans/ tree nuts/ milk.</p>	<p>4 squares</p> <p>Calories 240, Calories from Fat 190, Total Fat 22 g, Saturated Fat 13 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Total Carbohydrate 12 g, Dietary Fiber 5 g, Sugars 3 g, Protein 4 g, Percent of recommended daily intake: Vitamin A 0%</p> <p>Additional Information</p> <p>4 squares</p> <p>Calories 240, Calories from Fat 190, Total Fat 22 g, Saturated Fat 13 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 10 mg, Total Carbohydrate 12 g, Dietary Fiber 5 g, Sugars 3 g, Protein 4 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%,</p>

					<p>Calcium 4%, Iron 15%.</p> <p>Ingredients: Chocolate, cocoa butter, cocoa powder processed with alkali, sugar, bourbon vanilla beans.</p>
<p><b>APPROVED</b> 2019</p> <p>Top Pick for Unsweetened Dark Chocolate Bars</p> <p>Montezuma's® Dark Chocolate Absolute Black - 100% Cocoa</p>  <p>Mfd. by Montezuma's Chocolates</p>	<p>1/4 bar [25 g]</p> <p>Flavanols: 350.5 mg <b>(14 mg/g)</b></p> <p>Cadmium: 1.4 mcg <b>(0.06 mcg/g)</b></p> <p>Lead: 0.93 mcg <b>(0.04 mcg/g)</b></p> <p>Arsenic: &lt;1.2 mcg <b>(&lt;0.05 mcg/g)</b></p>	<p>Caffeine: 85.3 mg</p> <p>Theobromine: 604.5 mg</p> <p>Calories: 150 [6 Cal/g]</p> <p><i>Strong chocolate flavor, slightly bitter</i></p>	<p>\$1.19 per 1/4 bar <b>[\$0.68]</b></p> <p>\$28.60/six 90 g bars (approx. 24 servings)\$4.77/bar</p> <p>2019 price: \$25.82/six 100 g bar</p>	<p>Source: Not listed</p> <p><i>Vegan. Free From Gluten, Soya, Colourings, Preservatives &amp; GM.</i></p> <p><b>Precaution:</b> May Contain Traces Of Dairy, Nuts, Peanuts &amp; Sesame Seeds.</p>	<p>1/4 bar</p> <p>Energy 160 kcal, Fat [of which: saturates 8 g] 13 g, Carbohydrates [of which: Sugars &lt;0.1 g] 2 g, Protein 3 g, Fibre 4 g, Salt &lt;0.01 g.</p> <p>Ingredients: Dark Chocolate (Cocoa Mass 100%).</p>
<p><b>NOT APPROVED</b> 2019</p> <p>Scharffen Berger® Unsweetened - 99% Cacao</p>  <p>Mfd. by Scharffen Berger</p>	<p>1 block [55 g]</p> <p>Flavanols: 305.9 mg <b>(5.6 mg/g)</b></p> <p>Cadmium: <b>12.1 mcg (0.22 mcg/g)</b></p> <p>Lead: &lt;1.4</p>	<p>Caffeine: 79.2 mg</p> <p>Theobromine: 628.7 mg</p> <p>Calories: 280 [5.1 Cal/g]</p> <p>claimed</p> <p><i>Bitter, earthy chocolate flavor</i></p>	<p>\$2.44/block <b>[\$1.59]</b></p> <p>\$24.35/two 9.7 oz [275 g] bars (approx. 10 servings)</p> <p>\$12.18/bar</p> <p>2019 price: \$9.58/9.7 oz [275 g] bar</p>	<p>Source: Not listed</p> <p><i>Kosher.</i></p>	<p>1 block</p> <p>Calories 280, Calories from Fat 250, Total Fat 30 g, Sat. Fat 19 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 5 mg, Total Carb. 14 g, Dietary Fiber 9 g, Sugars &lt;1 g, Protein 8 g, Percent of recommended daily intake: Vitamin A 0%,</p>

<p>Chocolate Maker</p>	<p>mcg (<b>&lt;0.03 mcg/g</b>)</p> <p>Arsenic: &lt;2.7 mcg (<b>&lt;0.05 mcg/g</b>)</p>	<p>Note: Large, thick, block for baking</p>			<p>Vitamin C 0%, Calcium 2%, Iron 20%</p> <p>Additional Information</p> <p>1 block Calories 280, Calories from Fat 250, Total Fat 30 g, Sat. Fat 19 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 5 mg, Total Carb. 14 g, Dietary Fiber 9 g, Sugars &lt;1 g, Protein 8 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 20%.</p> <p>Ingredients: Cacao Beans; Whole Vanilla Beans.</p>
<p><b>NOT APPROVED</b> 2019</p> <p>Taza Chocolate® Wicked Dark® - 95% Dark</p>  <p>Mfd. by Taza Chocolate</p>	<p>1/2 bar [35 g]</p> <p>Flavanols: 192.5 mg (<b>5.5 mg/g</b>)</p> <p>Cadmium: <b>6.8 mcg</b> (<b>0.19 mcg/g</b>)</p> <p>Lead: &lt;0.88</p>	<p>Caffeine: 67.2 mg</p> <p>Theobromine: 414.4 mg</p> <p>Calories: 210 [6 Cal/g]</p> <p>Mildly sweet, earthy chocolate flavor, slightly grainy</p>	<p>\$4.50 per 1/2 bar <b>[\$4.67]</b></p> <p>\$8.99/2.5 oz [70 g] bar (approx. 2 servings)</p> <p>2019 price: \$3.37/2.5 oz [70 g] bar</p>	<p>Source: Not listed</p> <p>USDA Organic seal. Non GMO Project Verified seal. Gluten Free. Dairy Free. Soy Free. Vegan. Kosher.</p> <p><b>Precaution:</b> Contains traces of almonds, cashews,</p>	<p>1/2 bar Calories 120, Total Fat 14 g, Sat Fat 10 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carb. 14 g, Dietary Fiber 8 g, Total Sugars [Incl. 2 g Added Sugars] 2 g, Protein 5g, Percent of recommended daily intake: Vitamin D 0%</p> <p>Additional</p>

	<p>mcg (<b>&lt;0.03 mcg/g</b>)</p> <p>Arsenic: &lt;1.7 mcg (<b>0.05 mcg/g</b>)</p>			<p>coconut, hazelnuts and pecans.</p>	<p>Information</p> <p>1/2 bar Calories 120, Total Fat 14 g, Sat Fat 10 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carb. 14 g, Dietary Fiber 8 g, Total Sugars [Incl. 2 g Added Sugars] 2 g, Protein 5g, Percent of recommended daily intake: Vitamin D 0%, Calcium 2%, Iron 6%, Potassium 6%.</p> <p>Ingredients: Organic cacao beans, Organic cane sugar.</p>
<p><b>NOT APPROVED</b></p> <p>2019</p> <p>Theo Sea Salt - 70% Dark Chocolate</p>  <p>Dist. by Theo Chocolate</p>	<p>1/2 bar [43 g]</p> <p>Flavanols: 172.9 mg (<b>4 mg/g</b>)</p> <p>Cadmium: <b>10.3 mcg (0.24 mcg/g)</b></p> <p>Lead: &lt;1.1 mcg (<b>&lt;0.03 mcg/g</b>)</p> <p>Arsenic:</p>	<p>Caffeine: 52.5 mg</p> <p>Theobromine: 427.4 mg</p> <p>Calories: 210 [4.9 Cal/g]</p> <p><i>Mildly sweet and salty, smooth chocolate flavor</i></p>	<p>\$1.53 per 1/2 bar</p> <p><b>[\$1.77]</b></p> <p>\$3.06/3 oz [85 g] bar (approx. 2 servings)</p> <p>2019 price: \$3.46/3 oz [85 g] bar</p>	<p>Source: Not listed</p> <p><i>Non GMO Project Verified seal. USDA Organic seal. Soy Free. Kosher. Fair For Life Fair Trade seal.</i></p> <p><b>Precaution:</b> Allergy Information: Manufactured on shared equipment with</p>	<p>1/2 bar Calories 210, Fat Cal. 150, Total Fat 17 g, Sat. Fat 10 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 150 mg, Total Carb. 20 g, Fiber 4 g, Sugars 13 g, Protein 3 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%</p> <p>Additional Information</p> <p>1/2 bar</p>



	<2.1 mcg ( <b>&lt;0.05 mcg/g</b> )			products containing milk, eggs, wheat, peanuts & tree nuts.	Calories 210, Fat Cal. 150, Total Fat 17 g, Sat. Fat 10 g, Trans Fat 0 g, Cholest. 0 mg, Sodium 150 mg, Total Carb. 20 g, Fiber 4 g, Sugars 13 g, Protein 3 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 4%.  Ingredients: Cocoa Beans, Cane Sugar, Cocoa Butter, Sea Salt, Ground Vanilla Bean.
<b>APPROVED</b> 2019  Trader Joe's® Pound Plus - 72% Cacao Dark Chocolate    Dist. by Trader Joe's	3 squares [38 g]  Flavanols: 196.8 mg ( <b>5.2 mg/g</b> )  Cadmium: 2.7 mcg ( <b>0.07 mcg/g</b> )  Lead: 1.2 mcg ( <b>0.03 mcg/g</b> )  Arsenic: <1.9 mcg ( <b>&lt;0.05 mcg/g</b> )	Caffeine: 47.1 mg  Theobromine: 508.4 mg  Calories: 230 [6.1 Cal/g]  <i>Sweet, slightly bitter, smooth chocolate flavor</i>	\$0.38/3 squares  <b>[\$0.39]</b>  \$4.99/17.6 oz [500 g] bar (approx. 13 servings)  <i>2019 price: \$4.99/17.6 oz [500g] bar</i>	Source: Not listed  <i>Kosher.</i>  <b>Precaution:</b> Contains Soy. May Contain Traces Of Wheat, Milk, Eggs, Tree Nuts.	3 squares Calories 230, Calories from Fat 130, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 19 g, Dietary Fiber 5 g, Sugars 10 g, Protein 3, Percent of recommended daily intake: Vitamin A 0%  Additional Information  3 squares Calories 230, Calories from Fat 130, Total Fat 15


					<p>g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 19 g, Dietary Fiber 5 g, Sugars 10 g, Protein 3, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 40%.</p> <p>Ingredients: Cocoa Mass, Sugar, Cocoa Powder, Soy Lecithin (An Emulsifier).</p>
<p><b>NOT APPROVED 2022</b></p> <p>Trader Joe's® Uganda 85% Dark Chocolate Bar</p>  <p>Dist. by Trader Joe's</p>	<p>3 pieces [30 g]</p> <p>Flavanols: 117.5 mg (3.9 mg/g)</p> <p>Cadmium: 7.6 mcg (0.25 mcg/g)</p> <p>Lead: 1.9 mcg (0.06 mcg/g)</p> <p>Arsenic: &lt;0.6 mcg (&lt;0.02 mcg/g)</p>	<p>Caffeine: 31.2 mg</p> <p>Theobromine: 276 mg</p> <p>Calories: 190 [6.3 Cal/g]</p> <p>Moderate dark chocolate flavor with earthy tone and slight sweetness (4 g of sugar per 30 g)</p>	<p>\$0.51/3 pieces</p> <p><b>[\$0.86]</b></p> <p>\$1.69/3.5 oz [100 g] bar (approx. 3.3 servings)</p>	<p>Source: Western Uganda</p> <p>Kosher.</p> <p><b>Precaution:</b> May Contain Milk, Soy, Wheat, Almond, Cashew, Coconut, Hazelnut, Pistachio.</p>	<p>3 pieces</p> <p>Calories 190, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 10 g, Dietary Fiber 4 g, Total Sugars [Includes 4 g Added Sugars] 4 g, Protein 3 g, Vit. D 0.6 mcg, Calcium 20 mg, Iron 3.4 mg</p> <p>Additional Information</p> <p>3 pieces</p> <p>Calories 190, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg,</p>


					<p>Sodium 0 mg, Total Carbohydrate 10 g, Dietary Fiber 4 g, Total Sugars [Includes 4 g Added Sugars] 4 g, Protein 3 g, Vit. D 0.6 mcg, Calcium 20 mg, Iron 3.4 mg, Potas. 210 mg.</p> <p>Ingredients: Cocoa Mass, Sugar, Cocoa Butter.</p>
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**Dark Chocolate (Chips):**


<p><b>APPROVED</b> 2019</p> <p>Ghirardelli® Chocolate Premium Baking Chips - 60% Cacao Bittersweet Chocolate</p>  <p>Mfd. by Ghirardelli Chocolate Company</p>	<p>16 chips [15 g] (wide, flat shape)</p> <p>Flavanols: 58.5 mg <b>(3.9 mg/g)</b></p> <p>Cadmium: 2.7 mcg <b>(0.18 mcg/g)</b></p> <p>Lead: &lt;0.38 mcg <b>(&lt;0.03 mcg/g)</b></p> <p>Arsenic: &lt;0.75 mcg <b>(&lt;0.05 mcg/g)</b></p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 80 [5.3 Cal/g]</p> <p><i>Slightly sweet, very slightly bitter, smooth chocolate flavor</i></p>	<p>\$0.25/16 chips <b>[\$0.64]</b></p> <p>\$4.79/10 oz [283 g] bag (approx. 19 servings)</p> <p>2019 price: \$4.79/10 oz [283 g] bag</p>	<p>Source: Not listed</p> <p><i>Kosher.</i></p> <p><b>Precaution:</b> May contain milk.</p>	<p>16 chips Calories 80, Calories from Fat 50, Total Fat 6 g, Sat Fat 3.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 8 g, Dietary Fiber 1 g, Sugars 6 g, Protein 1 g. Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 6%</p> <p>Additional Information</p> <p>16 chips Calories 80, Calories from Fat 50, Total Fat 6 g, Sat Fat 3.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg,</p>
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					<p>Total Carbohydrate 8 g, Dietary Fiber 1 g, Sugars 6 g, Protein 1 g. Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 0%, Iron 6%.</p> <p>Ingredients: Unsweetened chocolate, sugar, cocoa butter, milk fat, soy lecithin - an emulsifier, vanilla.</p>
<p><b>APPROVED for Adults 2019</b></p> <p>Guittard Extra Dark Chocolate Baking Chips - 63% Cacao</p>  <p>Dist. by Guittard Chocolate Company</p>	<p>30 pieces [15 g] (little "kiss- shaped" chips)</p> <p>Flavanols: 143.6 mg <b>(9.6 mg/g)</b></p> <p>Cadmium: <b>3.4 mcg (0.23 mcg/g), which is over the Health Canada limit for children of 3.0 mcg per serving</b></p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 80 [5.3 Cal/g]</p> <p><i>Moderately sweet, smooth chocolate flavor</i></p>	<p>\$0.20/30 pieces <b>[\$0.28]</b></p> <p>\$4.49/11.5 oz [326 g] bag (approx. 22 servings)</p> <p><i>2019 price: \$4.49/11.5 oz [326 g] bag</i></p>	<p>Source: Not listed</p> <p><i>Organic. Made In A Peanut- Free, Tree-Nut Free, &amp; Gluten- Free Manufacturing Facility. International Fairtrade Certification seal. Non GMO Project Verified seal.</i></p> <p><b>Precaution:</b> Made On Equipment Also Used To Make Milk Chocolate; Not Suitable For Individuals With Milk</p>	<p>30 pieces Calories 80, Total Fat 5 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carb 8 g, Dietary Fiber 3 g, Total Sugars [Including 5 g Added Sugars] 6 g, Protein, Vitamin D 0 mcg, Calcium 10 mg, Iron 2 mg, Potassium 84 mg.</p> <p>Ingredients: Cacao Beans</p> <p>Additional Information</p> <p>30 pieces Calories 80, Total Fat 5 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 0</p>


	<p>Lead: &lt;0.38 mcg <b>(&lt;0.03 mcg/g)</b></p> <p>Arsenic: &lt;0.56 mcg <b>(&lt;0.04 mcg/g)</b></p>			<p>Allergies.</p>	<p>mg, Sodium 0 mg, Total Carb 8 g, Dietary Fiber 3 g, Total Sugars [Including 5 g Added Sugars] 6 g, Protein, Vitamin D 0 mcg, Calcium 10 mg, Iron 2 mg, Potassium 84 mg.</p> <p>Ingredients: Cacao Beans, Sugar, Sunflower Lecithin And Vanilla.</p>
<b>Cacao/Cocoa Powders:</b>					
<p><b>APPROVED 2022</b></p> <p>365 [Whole Foods Market] Organic Cocoa Powder - Unsweetened</p>  <p>Dist. by Whole Foods Market</p>	<p>1 tbsp [6 g]</p> <p>Flavanols: 32.8 mg <b>(5.5 mg/g)</b></p> <p>Cadmium: 2.1 mcg <b>(0.36 mcg/g)</b></p> <p>Lead: 0.33 mcg <b>(0.06 mcg/g)</b></p> <p>Arsenic: 0.22 mcg <b>(0.04 mcg/g)</b></p>	<p>Caffeine: 14.6 mg</p> <p>Theobromine: 137.4 mg</p> <p>Calories: 10 [1.7 Cal/g]</p> <p><i>Rich and slightly earthy cocoa flavor - darker color than others</i></p> <p>Note: Dutched - alkali processed</p>	<p>\$0.22/tbsp</p> <p><b>[\$1.34]</b></p> <p>\$8.29/8 oz [227 g] container (approx. 38 servings)</p>	<p>Source: Not listed</p> <p><i>Quality Assurance International Certified Organic seal. USDA Organic seal. Fair Trade Certified seal. Non GMO. Vegan.</i></p>	<p>1 tbsp</p> <p>Calories 10, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 0 mg, Iron 2.5 mg, Potassium 210 mg</p> <p>Additional Information</p> <p>1 tbsp</p> <p>Calories 10, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g,</p>


					<p>Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 0 mg, Iron 2.5 mg, Potassium 210 mg.</p> <p>Ingredients: Organic Cocoa Powder (Processed With Alkali).</p>
<p><b>APPROVED</b> 2019</p> <p>Ghirardelli® Premium Baking Cocoa - 100% Cocoa</p>  <p>Dist. by Ghirardelli Chocolate Company</p>	<p>1 tbsp [6 g]</p> <p>Flavanols: 36.8 mg <b>(6.1 mg/g)</b></p> <p>Cadmium: 0.62 mcg <b>(0.1 mcg/g)</b></p> <p>Lead: 0.64 mcg <b>(0.11 mcg/g)</b></p> <p>Arsenic: &lt;0.3 mcg <b>(&lt;0.05 mcg/g)</b></p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 15 [2.5 Cal/g]</p> <p><i>Moderate cocoa flavor, slightly bitter</i></p>	<p>\$0.14/tbsp <b>[\$0.79]</b></p> <p>\$32.95/six 8 oz [227 g] bags (approx. 228 servings)</p> <p>\$5.49/bag</p> <p>2019 price: \$4.99/8 oz [227 g] bag</p>	<p>Source: Not listed</p> <p><i>Kosher.</i></p> <p><b>Precaution:</b> May contains tree nuts, wheat, soy, milk and egg.</p>	<p>1 tbsp</p> <p>Calories 15, Total Fat 1.5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vit. D 0 mcg, Calcium 6 mg, Iron 3 mg, Potas. 108 mg.</p> <p>Ingredients: Cocoa.</p>
<p><b>APPROVED</b> 2022</p> <p>Top Pick for 100% Cocoa Powders Good &amp; Gather [Target]</p>	<p>1 tbsp [5 g]</p> <p>Flavanols: 92 mg <b>(18.4 mg/g)</b></p>	<p>Caffeine: 6.6 mg</p> <p>Theobromine: 121.5 mg</p> <p>Calories: 10</p>	<p>\$0.04/tbsp <b>[\$0.10]</b></p> <p>\$1.99/8 oz [226 g] container (approx. 45 servings)</p>	<p>Source: Not listed</p> <p><i>Kosher. No Artificial Flavors, Preservatives or</i></p>	<p>1 tbsp</p> <p>Calories 10, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g,</p>

<p>Unsweetened Cocoa Powder - 100% Cocoa</p>  <p>Dist. by Target Corporation</p>	<p>Cadmium: 0.53 mcg (0.11 mcg/g)</p> <p>Lead: 0.32 mcg (0.06 mcg/g)</p> <p>Arsenic: 0.21 mcg (0.04 mcg/g)</p>	<p>[2 Cal/g]</p> <p><i>Moderately rich cocoa flavor - not bitter</i></p>		<p><i>Synthetic Colors.</i></p>	<p>Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 10 mg, Iron 2.1 mg, Potassium 80 mg.</p> <p>Ingredients: Cocoa.</p>
<p><b>APPROVED for Adults</b> 2019</p> <p>Hershey's Cocoa Special Dark - 100% Cacao</p>  <p>Dist. by The Hershey Company</p>	<p>1 tbsp [5 g]</p> <p>Flavanols: 9.3 mg (1.9 mg/g)</p> <p>Cadmium: 3.2 mcg (0.64 mcg/g), which is over the Health Canada limit for children of 3.0 mcg per serving</p> <p>Lead: 0.36 mcg (0.07 mcg/g)</p> <p>Arsenic: &lt;0.25 mcg (&lt;0.05 mcg/g)</p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 10 [2 Cal/g]</p> <p><i>Smooth, moderate chocolate flavor. Very dark color.</i></p> <p>Note: Dutched - alkali processed</p>	<p>\$0.10/tbsp</p> <p><b>[\$2.06]</b></p> <p>\$4.29/8 oz [226 g] container (approx. 45 servings)</p> <p>2019 price: \$4.29/8 oz [226 g] container</p>	<p>Source: Not listed</p> <p><i>Non GMO Project Verified seal. No Artificial Flavors. No Artificial Colors. No Preservatives. Gluten Free. Kosher.</i></p>	<p>1 tbsp</p> <p>Calories 10, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein, Vitamin D 0 mcg, Calcium 10 mg, Iron 2.1 mg, Potassium 250 mg.</p> <p>Ingredients: Cocoa Processed With Alkali.</p>


<p><b>NOT APPROVED</b> 2019</p> <p>Navitas™ Organic Cacao Powder</p>  <p>Dist. by Navitas Organics</p> <p>SOURCE HAS CHANGED FROM PERU TO SIERRA LEONE</p>	<p>2.5 tbsp [15 g]</p> <p>Flavanols: <b>374.4 mg</b> <b>(25 mg/g)</b> <b>(53.5% of</b> <b>listed</b> <b>amount of</b> <b>700 mg)</b></p> <p>Cadmium: <b>9.7 mcg</b> <b>(0.65</b> <b>mcg/g)</b></p> <p>Lead: 1.1 mcg (<b>0.07</b> <b>mcg/g)</b></p> <p>Arsenic: &lt;0.75 mcg <b>(&lt;0.05</b> <b>mcg/g)</b></p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 60 [4 Cal/g]</p> <p>1 serving per day.</p> <p><i>Somewhat smooth, mild chocolate flavor, very slightly bitter</i></p>	<p>\$0.68/2.5 tbsp</p> <p><b>[\$0.19 based on amount claimed]</b> <b>[\$0.36 based on amount found]</b></p> <p>\$10.20/8 oz [227 g] bag (approx. 15 servings)</p> <p>2019 price: \$9.34/8 oz [227 g] bag</p>	<p>Source: Peru (2022: Source now listed as Sierra Leone)</p> <p><i>USDA Organic seal. Non GMO Project Verified seal. Kosher. BPA Free. International Fairtrade Certification seal.</i></p>	<p>2.5 tbsp Calories 60, Total Fat 1.5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 8 g, Dietary Fiber 5 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 4 g, Vitamin D 0 mcg, Calcium 35 mg, Iron 2 mg</p> <p>Additional Information</p> <p>2.5 tbsp Calories 60, Total Fat 1.5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 8 g, Dietary Fiber 5 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 4 g, Vitamin D 0 mcg, Calcium 35 mg, Iron 2 mg, Potassium 300 mg, Magnesium 106 mg.</p> <p>Ingredients: Certified organic cacao powder (Theobroma cacao).</p>
<p><b>APPROVED</b> 2022</p>	<p>1 tbsp [5 g]</p>	<p>Caffeine: 10.2 mg</p>	<p>\$0.06/tbsp</p>	<p>Source: Not listed</p>	<p>1 tbsp Calories 10, Total</p>





<p>Nestle® Toll House® 100% Pure Cocoa</p>  <p>Dist. by Nestle USA, Inc.</p>	<p>Flavanols: 19.9 mg <b>(4 mg/g)</b></p> <p>Cadmium: 1.2 mcg <b>(0.24 mcg/g)</b></p> <p>Lead: 0.37 mcg <b>(0.07 mcg/g)</b></p> <p>Arsenic: 0.21 mcg <b>(0.04 mcg/g)</b></p>	<p>Theobromine: 110.5 mg</p> <p>Calories: 10 [2 Cal/g]</p> <p><i>Moderately rich cocoa flavor</i></p>	<p><b>[\$0.57]</b></p> <p>\$2.55/8 oz [226 g] container (approx. 45 servings)</p>	<p><i>Kosher. No Preservatives, Artificial Flavors or colors.</i></p>	<p>Fat 0.5 g, Sat. Fat 0 g, Sodium 0 mg, Total Carb. 3 g, Fiber 2 g, Protein 1 g, Iron 2.1 mg.</p> <p>Ingredient: Cocoa.</p>
<p><b>APPROVED 2022</b></p> <p>NOW® Organic Cocoa Powder - 100% Cocoa</p>  <p>Dist. by NOW Foods</p>	<p>1 tsp [2.5 g]</p> <p>Flavanols: 48.9 mg <b>(19.6 mg/g)</b></p> <p>Cadmium: 1.3 mcg <b>(0.52 mcg/g)</b></p> <p>Lead: 0.28 mcg <b>(0.11 mcg/g)</b></p> <p>Arsenic: 0.17 mcg <b>(0.07 mcg/g)</b></p>	<p>Caffeine: 5.8 mg</p> <p>Theobromine: 59 mg</p> <p>Calories: 10 [4 Cal/g]</p> <p><i>Rich cocoa flavor - not bitter</i></p>	<p>\$0.08/tsp</p> <p><b>[\$0.32]</b></p> <p>\$10.54/12 oz [340 g] container (approx. 136 servings)</p>	<p>Source: Not listed</p> <p><i>USDA Organic seal. Non GMO Projected Verified seal. Kosher. Gluten Free. No Sugar Added. Non-Alkalized. Vegan. Certified Organic by QAI.</i></p>	<p>1 tsp</p> <p>Calories 10, Total Fat &lt;0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate &lt;1 g, Dietary Fiber &lt;1 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein &lt;1 g, Vit. D 0 mcg, Calcium 4 mg, Iron 1 mg, Potas. 60 mg</p> <p>Additional Information</p> <p>1 tsp</p> <p>Calories 10, Total Fat &lt;0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate &lt;1 g, Dietary Fiber</p>


					<p>&lt;1 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein &lt;1 g, Vit. D 0 mcg, Calcium 4 mg, Iron 1 mg, Potas. 60 mg.</p> <p>Ingredients: Organic Cocoa Powder.</p>
<p><b>APPROVED 2022</b></p> <p>Terrasoul Superfoods Cacao Powder - 100% Cacao</p>  <p>Dist. by Terrasoul Superfoods, LLC</p>	<p>1 tsp [3 g]</p> <p>Flavanols: 61.1 mg <b>(20.4 mcg/g)</b></p> <p>Cadmium: 1.2 mcg <b>(0.41 mcg/g)</b></p> <p>Lead: 0.21 mcg <b>(0.07 mcg/g)</b></p> <p>Arsenic: 0.16 mcg <b>(0.05 mcg/g)</b></p>	<p>Caffeine: 8.6 mg</p> <p>Theobromine: 69.6 mg</p> <p>Calories: 12 [4 Cal/g]</p> <p><i>Rich cocoa flavor - very mildly bitter</i></p> <p>Note: Dutched - alkali processed</p>	<p>\$0.08/tsp</p> <p><b>[\$0.27]</b></p> <p>\$12.49/16 oz [454 g] container (approx. 151 servings)</p>	<p>Source: Sierra Leone, Ghana, Ivory Coast or Dominican Republic</p> <p><i>Non GMO Projected Verified seal. USDA Organic seal. Kosher. Raw.</i></p> <p><b>Precaution:</b> Allergy Info: Packaged in a facility that handles tree nuts.</p>	<p>1 tsp</p> <p>Calories 12, Total Fat 0.3 g, Saturated Fat 0.2 g, Trans Fat 0 g, Cholesterol 0 mg, Total Carbohydrate 2 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 7 mg, Iron 0.4 mg, Potassium 58 mg, Magnesium 20 mg</p> <p>Additional Information</p> <p>1 tsp</p> <p>Calories 12, Total Fat 0.3 g, Saturated Fat 0.2 g, Trans Fat 0 g, Cholesterol 0 mg, Total Carbohydrate 2 g, Dietary Fiber 1 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg,</p>


					<p>Calcium 7 mg, Iron 0.4 mg, Potassium 58 mg, Magnesium 20 mg.</p> <p>Ingredients: Organic Cacao Powder (Theobroma cacao).</p>
<p><b>NOT APPROVED</b> 2019</p> <p>Trader Joe's® Organic Fair Trade Cacao Powder</p>  <p>Dist. by Trader Joe's</p>	<p>1 tbsp [5 g]</p> <p>Flavanols: 76 mg <b>(15.2 mcg/g)</b></p> <p>Cadmium: <b>4.9 mcg (0.98 mcg/g)</b></p> <p>Lead: 0.17 mcg <b>(0.03 mcg/g)</b></p> <p>Arsenic: 0.32 mcg <b>(0.06 mcg/g)</b></p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 20 [4 Cal/g]</p> <p><i>Somewhat bitter/sour, mild chocolate flavor</i></p>	<p>\$0.11/tbsp</p> <p><b>[\$0.28]</b></p> <p>\$4.99/ 8 oz [227 g] bags (approx. 45 servings)</p> <p>2019 price: \$3.99/8 oz [227 g] bar</p>	<p>Source: Peru</p> <p><i>Kosher. Quality Assurance International Certified Organic seal. USDA Organic seal. International Fairtrade Certification seal.</i></p>	<p>1 tbsp</p> <p>Calories 20, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 10 mg</p> <p>Additional Information</p> <p>1 tbsp Calories 20, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 10 mg, Iron 0.6 mg,</p>

					Potassium 100 mg.  Ingredients: Organic cacao powder.
<p><b>APPROVED</b> 2019</p> <p>Valrhona Poudre De Cacao Cocoa Powder - 100% Cacao</p>  <p>Dist. by Valrhona</p>	<p>5 g</p> <p>Flavanols: 14.6 mg (2.9 mcg/g)</p> <p>Cadmium: 0.5 mcg (0.1 mcg/g)</p> <p>Lead: 0.49 mcg (0.1 mcg/g)</p> <p>Arsenic: &lt;0.25 mcg (&lt;0.05 mcg/g)</p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 22.5 [4.5 Cal/g]</p> <p><i>Smooth, earthy moderate chocolate flavor. Very dark color.</i></p> <p>Note: Dutched - alkali processed</p>	<p>\$0.29/5 g</p> <p><b>[\$3.97]</b></p> <p>\$14.49/8.82 oz [250 g] container (approx. 50 servings)</p> <p>2019 price: \$16.50/8.82 oz [250 g] container</p>	<p>Source: Not listed</p> <p>Kosher.</p>	<p>5 g</p> <p>Calories 22.5, Calories from Fat 10, Total Fat 1.125 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 1.25 mg, Total Carbohydrate 2 g, Dietary Fiber 1.375 g, Sugars 0.125 g, Protein 1.125 g, Percent of recommended daily intake: Vitamin A 0%</p> <p>Additional Information</p> <p>5 g Calories 22.5, Calories from Fat 10, Total Fat 1.125 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 1.25 mg, Total Carbohydrate 2 g, Dietary Fiber 1.375 g, Sugars 0.125 g, Protein 1.125 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 0.75%,</p>

					Iron 18.75%.  Ingredients: Cocoa powder.
<p><b>APPROVED</b> 2019</p> <p>Volupta Cacao Powder</p>  <p>Dist. by Volupta, LLC</p>	<p>1 tbsp [5 g]</p> <p>Flavanols: 105.6 mg (21.1 mcg/g) (claimed 55 mg ✓)</p> <p>Cadmium: 2.9 mcg (0.59 mcg/g)</p> <p>Lead: 0.46 mcg (0.09 mcg/g)</p> <p>Arsenic: 0.31 mcg (0.06 mcg/g)</p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 20 [4 Cal/g]</p> <p><i>Slightly bitter, moderate chocolate flavor</i></p>	<p>\$0.08/tbsp</p> <p>[\$0.30 based on amount claimed] [\$0.16 based on amount found]</p> <p>\$14.99/32 oz [907 g] bags (approx. 181 servings)</p> <p>2019 price: \$32.99/two 32 oz [907 g] bags</p>	<p>Source: Peru, Ecuador <i>USDA Organic seal. Non GMO Project Verified seal. International Fairtrade Certification seal. Kosher. Vegan.</i></p> <p>Precaution: Prop 65 Warning for Reproductive Health. Processed In A Facility That Also Handles</p> <p>Additional Information</p> <p>Source: Peru, Ecuador <i>USDA Organic seal. Non GMO Project Verified seal. International Fairtrade Certification seal. Kosher. Vegan.</i></p> <p>Precaution: Prop 65 Warning for Reproductive Health. Processed In</p>	<p>1 tbsp</p> <p>Calories 20, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Polyunsaturated Fat 0 g, Monounsaturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g</p> <p>Additional Information</p> <p>1 tbsp</p> <p>Calories 20, Total Fat 0.5 g, Saturated Fat 0 g, Trans Fat 0 g, Polyunsaturated Fat 0 g, Monounsaturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 3 g, Dietary Fiber 2 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 1 g, Vitamin D 0 mcg, Calcium 10 mg, Iron 0.6 mg, Potassium 100 mg, Magnesium 40 mg, Copper</p>


				A Facility That Also Handles Egg, Dairy, Soy, Wheat, Tree Nut, Fish.	0.2 mg.  Ingredients: Organic Cacao Powder.
<p><b>NOT APPROVED 2022</b></p> <p>Wildly Organic™ Fermented Cacao Powder - 100% Cacao</p>  <p>Dist. by Wildly Organic™ LLC</p>	<p>1/4 cup [28 g]</p> <p>Flavanols: 305.2 mg (<b>10.9 mg/g</b>)</p> <p>Cadmium: <b>12.5 mcg (0.45 mcg/g)</b></p> <p>Lead: 1.9 mcg (<b>0.07 mcg/g</b>)</p> <p>Arsenic: 1.3 mcg (<b>0.05 mcg/g</b>)</p>	<p>Caffeine: 86 mg</p> <p>Theobromine: 618.8 mg</p> <p>Calories: 143 [5.1 Cal/g]</p> <p><i>Moderately rich cocoa flavor - not bitter</i></p>	<p>\$1.16 per 1/4 cup</p> <p><b>[\$0.76]</b></p> <p>\$9.42/8 oz [227 g] container (approx. 8 servings)</p>	<p>Source: Not listed</p> <p><i>USDA Organic seal. Non GMO Projected Verified seal. Fairtrade® seal. Kosher. Vegan. Raw.</i></p> <p><b>Precaution:</b> May contain desiccant and oxygen absorber packets to preserve freshness.</p> <p>Warning: Cancer and Reproductive Harm</p> <p>Additional Information</p> <p>Source: Not listed</p> <p><i>USDA Organic seal. Non GMO Projected Verified seal. Fairtrade® seal. Kosher. Vegan. Raw.</i></p> <p><b>Precaution:</b></p>	<p>1/4 cup</p> <p>Calories 143, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Total Carbohydrate 9 g, Dietary Fiber 5 g, Total Sugars [Includes 0 g Added Sugars] less than 1 g, Protein less than 1 g, Potassium 236 mg, Calcium 29 mg, Iron 1.9 mg, Magnesium 92 mg</p> <p>Additional Information</p> <p>1/4 cup</p> <p>Calories 143, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Total Carbohydrate 9 g, Dietary Fiber 5 g, Total Sugars [Includes 0 g Added Sugars] less than 1 g, Protein less than 1 g, Potassium 236 mg, Calcium 29 mg, Iron 1.9 mg, Magnesium 92 mg.</p> <p>Ingredients:</p>


				<p>May contain desiccant and oxygen absorber packets to preserve freshness.</p> <p>Warning: Cancer and Reproductive Harm [CA Prop 65].</p> <p>Processed in a facility that also processes tree nuts (never peanuts).</p>	<p>Fermented organic cacao powder.</p>
<b>Hot Cocoa Mixes:</b>					
<p><b>APPROVED for Adults 2022</b></p> <p><b>Top Pick for Hot Cocoa Mixes</b></p> <p><b>Ghirardelli® Double Chocolate Hot Cocoa Mix</b></p>  <p>Dist. by Ghirardelli Chocolate Company</p>	<p>2 tbsp [24 g]</p> <p>Flavanols: 48.1 mg (2 mg/g)</p> <p>Cadmium: 0.84 mcg (0.04 mcg/g)</p> <p>Lead: 1.6 mcg (0.07 mcg/g), which is over CL's limit for children of 0.5 mcg per serving in cocoa products marketed</p>	<p>Caffeine: 10.4 mg</p> <p>Theobromine: 108.2 mg</p> <p>Calories: 90 [3.8 Cal/g]</p> <p><i>Moderately rich cocoa flavor, mildly sweet</i></p> <p>Note: Dutched - alkali processed</p>	<p>\$0.37/2 tbsp</p> <p><b>[\$1.54]</b></p> <p>\$27.66/six 10.5 oz [298 g] bag (approx. 75 servings)</p> <p>\$4.61/bag</p>	<p>Source: Not listed</p> <p><i>Kosher.</i></p> <p><b>Precaution:</b> May contain milk, egg, tree nuts, and wheat.</p>	<p>2 tbsp</p> <p>Calories 90, Total Fat 1 g, Saturated Fat 0.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 22 g, Dietary Fiber 2 g, Total Sugars [Includes 19 g Added Sugars] 19 g, Protein &lt;1 g, Vit. D 0 mcg, Calcium 10 mg, Iron 0.8 mg, Potas. 130 mg.</p> <p>Ingredients: Sugar, cocoa processed with alkali</p> <p>Additional Information</p> <p>2 tbsp</p> <p>Calories 90, Total Fat 1 g, Saturated Fat 0.5 g, Trans</p>







	<p>for children, i.e., hot cocoa mixes</p> <p>Arsenic: &lt;0.46 mcg (&lt;0.02 mcg/g)</p>				<p>Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 22 g, Dietary Fiber 2 g, Total Sugars [Includes 19 g Added Sugars] 19 g, Protein &lt;1 g, Vit. D 0 mcg, Calcium 10 mg, Iron 0.8 mg, Potas. 130 mg.</p> <p>Ingredients: Sugar, cocoa processed with alkali, unsweetened chocolate, soy lecithin, vanilla extract.</p>
<p><b>APPROVED for Adults 2022</b></p> <p><b>Nestle® Hot Cocoa Mix</b></p>  <p>Dist. by Nestle USA, Inc.</p>	<p>1 packet [20.2 g]</p> <p>Flavanols: 12.6 mg (0.6 mg/g)</p> <p>Cadmium: &lt;0.32 mcg (&lt;0.02 mcg/g)</p> <p>Lead: 0.73 mcg (0.04 mcg/g), which is over CL's limit for children</p>	<p>Caffeine: 2.3 mg</p> <p>Theobromine: 29.3 mg</p> <p>Calories: 80 [4 Cal/g]</p> <p><i>Slightly milky, moderately sweet, moderate chocolate flavor - lighter color than others</i></p> <p>Note: Dutched - alkali</p>	<p>\$0.13/packet</p> <p><b>[\$2.06]</b></p> <p>\$6.48/50 packets</p>	<p>Source: Not listed</p> <p><b>Precaution:</b> Contains: Milk. May Contain Soy And Wheat.</p>	<p>1 packet</p> <p>Calories 80, Total Fat 2 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 190 mg, Total Carbohydrate 15 g, Dietary Fiber &lt;1 g, Total Sugars [Includes 10 g Added Sugars] 12 g, Protein &lt;1 g, Vitamin D 0 mcg, Calcium 0 mg, Iron 0.6 mg, Potassium 140 mg.</p> <p>Ingredients: Sugar, Corn Syrup Solids, Dairy Product</p>


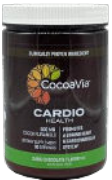



	<p>of 0.5 mcg per serving in cocoa products marketed for children, i.e., hot cocoa mixes</p>	<p>processed</p>			<p>Solids (Milk), Hydrogenated Vegetable Oil (Coconut And/Or Palm Kernel And/Or Soybean), Cocoa Processed With Alkali, And Less Than 2% Of Salt, Cellulose Gum, Sodium Caseinate (Milk)</p> <p>Additional Information</p> <p>1 packet                  Calories 80, Total Fat 2 g, Saturated Fat 1.5 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 190 mg, Total Carbohydrate 15 g, Dietary Fiber &lt;1 g, Total Sugars [Includes 10 g Added Sugars] 12 g, Protein &lt;1 g, Vitamin D 0 mcg, Calcium 0 mg, Iron 0.6 mg, Potassium 140 mg.</p> <p>Ingredients:                  Sugar, Corn Syrup Solids, Dairy Product Solids (Milk), Hydrogenated Vegetable Oil (Coconut And/Or Palm Kernel And/Or Soybean),</p>
	<p>Arsenic:                  0.46 mcg  <b>(0.02 mcg/g)</b></p>				

					Cocoa Processed With Alkali, And Less Than 2% Of Salt, Cellulose Gum, Sodium Caseinate (Milk), Dipotassium Phosphate, Sodium Aluminosilicate, Mono- And Diglycerides, Guar Gum, Artificial Flavor, Sucralose.
<b>Cacao Nibs:</b>					
<p><b>NOT APPROVED</b></p> <p>2019</p> <p>Healthworks® Cacao Nibs</p>  <p>Dist. by Healthworks</p>	<p>1 oz [28 g]</p> <p>Flavanols: 507.4 mg <b>(18.1 mg/g)</b></p> <p>Cadmium: <b>12.6 mcg (0.45 mcg/g)</b></p> <p>Lead: 1.4 mcg (<b>0.05 mcg/g</b>)</p> <p>Arsenic: &lt;1.4 mcg (<b>&lt;0.05 mcg/g</b>)</p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 130 [4.6 Cal/g]</p> <p><i>Very crunchy, slightly bitter, mild chocolate flavor</i></p>	<p>\$0.77/oz</p> <p><b>[\$0.30]</b></p> <p>\$12.28/16 oz [454 g] bag (approx. 16 servings)</p> <p>2019 price: \$11.99/16 oz [454g] bag</p>	<p>Source: Latin America</p> <p>USDA Organic seal.</p>	<p>1 oz</p> <p>Calories 130, Calories from Fat 110, Total Fat 14 g, Saturated Fat 8 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 10 g, Dietary Fiber 8 g, Sugars 0 g, Protein 4 g, Percent of recommended daily intake: Vitamin A 0%</p> <p>Additional Information</p> <p>1 oz Calories 130, Calories from Fat 110, Total Fat 14 g, Saturated Fat 8 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 10 g, Dietary Fiber 8 g, Sugars 0 g,</p>

					<p>Protein 4 g, Percent of recommended daily intake: Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 6%.</p> <p>Ingredients: Organic Cacao Nibs.</p>
<p><b>NOT APPROVED</b> 2019</p> <p>Best Option for Cacao Nibs</p> <p>Navitas™ Organics Organic Cacao Nibs</p>  <p>Dist. by Navitas Organics</p>	<p>3 tbsp [30 g]</p> <p>Flavanols: 677.1 mg (<b>22.6 mcg/g</b>) (480 mg claimed ✓)</p> <p>Cadmium: <b>8.7 mcg</b> (<b>0.29 mcg/g</b>)</p> <p>Lead: 0.75 mcg (<b>0.03 mcg/g</b>)</p> <p>Arsenic: &lt;1.5 mcg (<b>&lt;0.05 mcg/g</b>)</p>	<p>Was not tested for caffeine and theobromine</p> <p>Calories: 190 [6.3 Cal/g]</p> <p>1 serving per day.</p> <p><i>Very crunchy, slightly bitter, mild chocolate flavor</i></p>	<p>\$0.87/3 tbsp</p> <p><b>[\$0.36 based on amount claimed]</b> <b>[\$0.26 based on amount found]</b></p> <p>\$6.99/8 oz [227 g] bag (approx. 8 servings)</p> <p>2019 price: \$6.99/8 oz [227 g] bar</p>	<p>Source: Peru (2022: Peru no longer listed as source. Only claims to be "Fair Trade")</p> <p><i>USDA Organic seal. Non GMO Project Verified seal. Kosher. BPA Free. International Fairtrade Certification seal.</i></p>	<p>3 tbsp [30 g]</p> <p>Calories 190, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 11 g, Dietary Fiber 8 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 4 g, Vitamin D 0 mcg, Calcium 26 mg, Iron 1 mg, Potassium 255 mg, Magnesium 84 mg</p> <p>Additional Information</p> <p>3 tbsp [30 g] Calories 190, Total Fat 15 g, Saturated Fat 9 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Total Carbohydrate 11 g, Dietary Fiber 8 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein 4 g,</p>

					<p>Vitamin D 0 mcg, Calcium 26 mg, Iron 1 mg, Potassium 255 mg, Magnesium 84 mg.</p> <p>Ingredients: Certified organic cacao nibs (Theobroma cacao).</p>
<b>Supplements:</b>					
<p><b>APPROVED 2022</b></p> <p>Top Pick Overall and for Supplements</p> <p>CocoaVia™ Brain Health Memory+ </p>  <p>Dist. by Mars Symbioscience, A Division Of Mars, Incorporated</p>	<p>3 vegetarian capsules</p> <p>Flavanols: 993.1 mg (<b>572.3 mg/g</b>) (750 mg claimed </p> <p>Cadmium: &lt;0.01 mcg (<b>&lt;0.005 mcg/g</b>)</p> <p>Lead: 0.018 mcg (<b>0.01 mcg/g</b>)</p> <p>Arsenic: 0.18 mcg (<b>0.09 mcg/g</b>)</p>	<p>Caffeine: 32.4 mg (30 mg claimed </p> <p>Theobromine: 133.2 mg</p> <p>Calories not listed</p> <p>Three Capsules Once Daily With Food.</p> <p>Large vegetarian capsule</p>	<p>\$1.50/3 vegetarian capsules</p> <p><b>[\$0.40 based on amount claimed]</b></p> <p><b>[\$0.30 based on amount found]</b></p> <p>\$44.99/90 vegetarian capsules</p>	<p>Source: Not listed</p> <p><b>Precaution:</b> 30 mg Naturally Occurring Caffeine Per Serving.</p>	<p>3 vegetarian capsules</p> <p>Cocoapro™ Cocoa Extract (bean) [Cocoa Flavanols (of which 135 mg is (-)-epicatechin) 750 mg] 1,695 mg.</p> <p>Other Ingredients: Hypromellose Capsule.</p>
<p><b>APPROVED 2022</b></p> <p>CocoaVia™ Cardio Health</p>	<p>2 capsules</p> <p>Flavanols: 579.6 mg </p>	<p>Caffeine: 19.5 mg (25 mg claimed </p>	<p>\$1.27/2 capsules</p> <p><b>[\$0.51 based on amount claimed]</b></p> <p><b>[\$0.44 based on</b></p>	<p>Source: Not listed</p> <p><b>Precaution:</b> 25 mg Naturally</p>	<p>2 capsules</p> <p>Cocoapro™ cocoa extract (bean) [Cocoa Flavanols (of which 85 mg is</p>

 <p>Dist. by Mars Symbioscience, A Division Of Mars, Incorporated</p>	<p><b>(509.9 mg/g)</b> (500 mg claimed) ✓</p> <p>Cadmium: <b>&lt;0.007 mcg (&lt;0.005 mcg/g)</b></p> <p>Lead: <b>0.007 mcg (0.01 mcg/g)</b></p> <p>Arsenic: <b>0.1 mcg (0.08 mcg/g)</b></p>	<p>Theobromine: 85.6 mg</p> <p>Calories not listed</p> <p>Two Capsules Daily With Food.</p> <p>Large capsule</p>	<p>amount <i>found</i>] \$37.97/60 capsules</p>	<p>Occurring Caffeine Per Serving.</p>	<p>(-)-epicatechin) 500 mg] 1,130 mg.</p> <p>Other Ingredients: Hypromellose Capsule.</p>
<p><b>APPROVED 2022</b></p> <p>CocoaVia™ Cardio Health - Dark Chocolate Flavor Mix </p> <p>Dist. by Mars Symbioscience, A Division Of Mars, Incorporated</p>	<p>1 scoop [6.4 g]</p> <p>Flavanols: <b>679 mg (106.1 mg/g)</b> (500 mg claimed) ✓</p> <p>Cadmium: <b>0.45 mcg (0.07 mcg/g)</b></p> <p>Lead: <b>0.22 mcg (0.03 mcg/g)</b></p> <p>Arsenic: <b>0.24 mcg (0.04 mcg/g)</b></p>	<p>Caffeine: 19.9 mg (30 mg claimed) ✓</p> <p>Theobromine: 104.3 mg</p> <p>Calories: 10 [1.56 Cal/g]</p> <p>Mix 1 Scoop Daily To Milk, Coffee, Or Your Favorite Non-Dairy Alternative.</p> <p>Loose powder in jar</p> <p><i>Very dark brown powder,</i></p>	<p>\$1.33/scoop</p> <p><b>[\$0.53 based on amount claimed]</b> <b>[\$0.39 based on amount found]</b></p> <p>\$39.97/6.8 oz [192 g] container (approx. 30 servings)</p>	<p>Source: Not listed</p> <p><i>No artificial colors. No added sugar.</i></p> <p><b>Precaution:</b> 30 mg Naturally Occurring Caffeine Per Serving.</p>	<p>1 scoop</p> <p>Calories 10, Total Carbohydrate 4 g, Dietary Fiber 3 g, Protein &lt;1 g, Cocopro™ Cocoa Extract (bean)</p> <p>[Cocoa Flavanols (of which 80 mg is (-)-epicatechin) 500 mg] 1,150 mg.</p> <p>Other Ingredients: Cocoa Powder (Processed With Alkali), Oat Fiber, Natural Flavor.</p>

		<i>mixes easily.</i> <i>Moderate</i> <i>cocoa flavor,</i> <i>slightly bitter.</i>			
<p><b>APPROVED 2022</b></p> <p>Nootropics Depot Chocamine® Extract</p>  <p>Dist. by Nootropics Depot</p>	<p>1 g</p> <p>Flavanols: 2.4 mg <b>(2.4 mg/g)</b></p> <p>Cadmium: 0.32 mcg <b>(0.32 mcg/g)</b></p> <p>Lead: 0.08 mcg <b>(0.08 mcg/g)</b></p> <p>Arsenic: 0.06 mcg <b>(0.06 mcg/g)</b></p>	<p>Caffeine: 1.6 mg</p> <p>Theobromine: 58.8 mg</p> <p>Calories not listed</p> <p>Take 1,000 mg once daily.</p> <p>Loose powder in jar</p> <p><i>Very bitter (due to added theobromine), moderate cocoa flavor</i></p>	<p>\$0.26/g</p> <p><b>[\$21.67]</b></p> <p>\$32.99/4.4 oz [125 g] jar (approx. 125 servings)</p>	<p>Source: Not listed</p>	<p>1 g</p> <p>Chocamine® Proprietary Cocoa Extract [Lowfat Cocoa, Theobromine, Tapioca Starch (2% or less), Natural Vanilla Flavor, Spices (Ginger, Allspice, Cinnamon)] 1,000 mg.</p> <p>Other Ingredients: None listed.</p>

Unless otherwise noted, information about the products listed above is based on the samples purchased by ConsumerLab.com (CL) for this Product Review. Manufacturers may change ingredients and label information at any time, so be sure to check labels carefully when evaluating the products you use or buy. If a product's ingredients differ from what is listed above, it may not necessarily be of the same quality as what was tested.

The information contained in this report is based on the compilation and review of information from product labeling and analytic testing. CL applies what it believes to be the most appropriate testing methods and standards. The information in this report does not reflect the opinion or recommendation of CL, its officers or employees. CL cannot assure the accuracy of information.

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### ConsumerTips™:

As shown in the test results above, the flavanol content of cocoa and cacao products can vary tremendously and most products do not list their flavanol content. Use the information in the third column to compare the amounts found. Be aware that caffeine levels also range widely: Some products contain little while others provide more caffeine than a cup of coffee. Use the information in the fourth column of the table above to compare amounts of caffeine in products. An effective dose of flavanols from cocoa products has not been established for any specific purpose, although positive results have been seen with dosages ranging from about 50 mg to 200 mg or more per day. As noted above, in Europe, cocoa-based products providing at least 200 mg of total flavanols per day