Results of ConsumerLab.com Testing of Cocoa Products (Price Checks are not included in printed reviews)						
Approval Status Year Published	Listed Serving	Caffeine & Theobromine	Cost Per Suggested	Cacao/Cocoa Source	Full List of Ingredients Per	
	Size	Found Per	Serving	Notable	Serving	
Product Name	Flavanols	Serving	[Cost Per 200 mg	Features		
	& Heavy	Calories	Flavanols Found	reatures		
	Metals	[Claimed]	Price Paid			
	Found Per	Taste	Price Palu			
	Serving	Taste				
Dark Chocolate (Bars or F	Pieces):					
NOT APPROVED	5 sections	Caffeine: 50	\$3.43/5 sections	Source:	5 sections	
2019	[40 g]	mg		Ecuador	Calories 260,	
Alter Eco® Deep			[\$3.09]		Calories from Fat	
	Flavanols:	Theobromine:		Non GMO	200, Total Fat 22 g,	
	221.5 mg	375.6 mg	\$27.40/four 2.82	Project Verified	Saturated Fat 13 g,	
	(5.5		oz [80 g] bars	seal.	Trans Fat 0 g,	
alter	mg/g)	Calories: 260	(approx. 8	International	Cholesterol 0 mg,	
		[6.5 Cal/g]	servings)	Fairtrade	Sodium 0 mg, Total	
BLACKOUT Control Chamber	Cadmium:		\$6.85/bar	Certification	Carbohydrate 11 g,	
Dist. by Alter	14.1 mcg	Bittersweet,		seal. Vegan.	Dietary Fiber 5 g,	
Eco Foods	(0.35	earthy	2019 price:	Gluten-Free.	Sugars 6 g, Protein	
	mcg/g)	chocolate	\$44.28/twelve 2.82		4 g	
		flavor	oz [80 g] bar	Precaution:	Additional	
	Lead: 1.1			May contain	Information	
	mcg (0.03			milk, hazelnuts,	5 sections	
	mcg/g)			almonds,	Calories 260,	
	Arsenic:			coconut, and	Calories from Fat	
	<2 mcg			soy.	200, Total Fat 22	
	(< 0.05				g, Saturated Fat	
	mcg/g)				13 g, Trans Fat 0	
	· ə/ ə/				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.
APPROVED	2 pieces	Caffeine: 9.8	\$0.43/2 pieces	Source: Not	2 pieces
2022	[14 g]	mg		listed	Calories 70, Total
Baker's Semi-			[\$1.17]		Fat 5 g, Saturated
Sweet	Flavanols:	Theobromine:		Kosher.	Fat 3 g, Trans Fat 0
Chocolate - 56%	74 mg	82.6 mg	\$3.49/4 oz [113 g]		g, Cholesterol 0 mg,
Cacao	(5.3		bar (approx. 8	Precaution:	Sodium 0 mg, Total
(a) 1.5 (b)	mg/g)	Calories: 70	servings)	Contains: Soy.	Carbohydrate 8 g,
Bakers		[5 Cal/g]		May Contain:	Dietary Fiber, Total
	Cadmium:			Milk.	Sugars [Includes 6
SEMI-SWEET	0.91 mcg	Mild dark			g Added Sugars] 6
Dist. by Kraft	(0.07 mcg/g)	chocolate flavor, very			g, Protein less than 1 g, Vit. D 0 mcg,
Heinz Foods	ilicg/g)	sweet (6 g of			Calcium 0 mg, Iron
	Lead: 0.2	sugar per 14			1.4 mg
	mcg (0.01	g)			-
	mcg/g)				Additional
					Information
	Arsenic:				2 pieces
	1.1 mcg				Calories 70, Total
	(0.08				Fat 5 g, Saturated
	mcg/g)				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.
					Ingredients:

					Semi-Sweet Chocolate (Chocolate, Sugar, Cocoa Butter, Soy, Lecithin [Emulsifier], Vanilla Extract).
APPROVED	2 pieces	Caffeine:	\$0.34/2 pieces	Source: Not	2 pieces
	[14 g]	18.3 mg	[\$0.61]	listed	Calories 70, Total Fat 7 g, Saturated
Baker's	Flavanols:	Theobromine:	[50.01]	Kosher.	Fat 4.5 g, Trans Fat
Unsweetened -	109.8 mg	171.6 mg	\$2.69/4 oz [113 g]	Rosner.	0 g, Cholesterol 0
100% Cacao	(8.5	17 1.0 mg	bar (approx. 8	Precaution:	mg, Sodium 0 mg,
Bakers	mg/g)	Calories: 70	servings)	May Contain:	Total Carbohydrate
		[5 Cal/g]	,	Milk.	4 g, Dietary Fiber 3
UNSWEETENED	Cadmium:		2019 price:		g, Total Sugars
Diet by Kreft	2.9 mcg	Slightly bitter,	\$2.79/4 oz [113 g]		[Includes 0 g Added
Dist. by Kraft Heinz Foods	(0.21	rich	bar		Sugars] 0 g, Protein
Tielliz i oous	mcg/g)	chocolate			2 g, Vit. D 0 mcg,
		flavor			Calcium 0 mg, Iron
	Lead: 0.42				2.8 mg
	mcg (0.03				Additional
	mcg/g)				Information
	Arsenic:				2 pieces
	<0.7 mcg				Calories 70, Total
	(<0.05				Fat 7 g, Saturated
	mcg/g)				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.
					Ingredients:

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

					lecithin, monk fruit extract,
					Madagascar
					bourbon vanilla
					beans.
APPROVED	1/3 bar	Caffeine:	\$1.10 per 1/3 bar	Source: African	1/3 bar
2019	[30 g]	31.8 mg		and Caribbean	Calories 160, Fat
Chocolove			[\$1.51]		Cal. 110, Total Fat
Strong Dark	Flavanols:	Theobromine:		Non GMO	13 g, Sat Fat 8 g,
Chocolate - 70%	145.8 mg	304.5 mg	\$3.30/3.2 oz [90 g]	Project Verified	Trans Fat 0 g,
Cocoa Content	(4.9		bar (approx. 3	seal. Kosher.	Cholest. 0 mg,
70	mg/g)	Calories: 160	servings)	Rainforest	Sodium 0 mg, Total
Chocolove Strong	Cadmium:	[5.3 Cal/g]	2010 miles	Alliance	Carb. 14 g, Fiber 3
Derk Coornier		Curant fairly	2019 price:	Certified seal.	g, Sugars 9 g,
♥ Ec	2.7 mcg (0.09	Sweet, fairly smooth	\$2.36/3.2 oz [90 g] bar	Precaution:	Protein 2 g, Percent of recommended
Dist. by	mcg/g)	flavor, slightly	Dai	Contains Soy.	daily intake:
Chocolove	ilicg/g)	waxy		May Contain	Vitamin A 0%,
	Lead:	Waxy		Traces Of Milk,	Vitamin C 0%,
	<0.75			Wheat, Peanuts	Calcium 2%, Iron
	mcg			Or Other Nuts.	30%.
	(<0.03				
	mcg/g)				Ingredients: Cocoa
					Liquor
	Arsenic:				Additional
	<1.5 mcg				Information
	(<0.05				Information
	mcg/g)				1/3 bar
					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%.

					Ingredients: Cocoa Liquor, Sugar, Cocoa Butter, Soy Lecithin, Vanilla.
APPROVED	1/3 bar	Caffeine:	\$1.05 per 1/3 bar	Source: Not	1/3 bar [28 g]
2019	[28 g]	32.5 mg		listed	Calories 180, Total
Endangered			[\$1.33]		Fat 13 g, Sat. Fat 8
Species™	Flavanols:	Theobromine:		Non GMO	g, Trans Fat 0 g,
Chocolate	157.9 mg	321.2 mg	\$3.14/3 oz [85 g]	Project Verified	Cholest. 0 mg,
Strong + Velvety	(5.6		bar (approx. 3	seal.	Sodium 0 mg, Total
Dark Chocolate	mg/g)	Calories: 180	serving)	International	Carb. 11 g, Total
- 88% Cocoa		[6.4 Cal/g]	2010 :	Fairtrade	Sugars [Incl. 3 g
	Cadmium:	Ditta navva at	2019 price:	Certification	Added Sugars] 3 g,
197	1.5 mcg	Bittersweet	\$3.49/3 oz [85 g]	seal. Kosher.	Protein 3 g, Vitamin
STROMG + VELVETY DARK CHOCOLATE	(0.05		bar	Certified Vegan Vegan.org seal.	D 0 mcg, Calcium 0 mg, Iron 1.5 mg,
882 600al	mcg/g)			Gluten-Free.	Potassium 260 mg.
Dist. by	Lead: <0.7			Giuten-Free.	Potassium 200 mg.
Endangered	mcg			Precaution:	Ingredients:
Species	(<0.03			Allergens:	Bittersweet
Chocolate, LLC	mcg/g)			Contains Soy.	Chocolate
	3.3/			Produced On	
	Arsenic:			Equipment That	Additional
	<1.4 mcg			Also Processes	Information
	(<0.05			Products	1/3 bar [28 g]
	mcg/g)			Containing Milk	Calories 180,
				Additional	Total Fat 13 g,
				Information	Sat. Fat 8 g,
				Information	Trans Fat 0 g,
				Source: Not	Cholest. 0 mg,
				listed	Sodium 0 mg,
					Total Carb. 11 g,
				Non GMO	Total Sugars
				Project	[Incl. 3 g Added
				Verified seal.	Sugars] 3 g,
				International	Protein 3 g,
				Fairtrade Certification	Vitamin D 0 mcg,
				seal. Kosher.	Calcium 0 mg, Iron 1.5 mg,
				Certified	Potassium 260
				Vegan	mg.
				Vegan.org	9.
				seal. Gluten-	Ingredients:
				Free.	Bittersweet

				Precaution: Allergens: Contains Soy. Produced On Equipment That Also Processes Products Containing Milk, Peanuts And Tree Nuts.	Chocolate (Chocolate Liquor, Sugar, Soy Lecithin, Vanilla).
NOT APPROVED	3/7 bar	Caffeine:	\$2.10 per 3/7 bar	Source: Not	3/7 bar
2022	[28 g]	33.9 mg	[62.01]	listed	Calories 160, Total
Evolved®	Flavanols:	Theobromine:	[\$2.01]	Rainforest	Fat 17 g, Saturated Fat 11 g, Trans Fat
Midnight	209.4 mg	282.8 mg	\$39.00/eight 2.3	Alliance People	0 g, Cholesterol 0
Coconut 100%	(7.5	202.0 mg	oz [65 g] bars	& Nature seal.	mg, Sodium 5 mg,
Cacao	mg/g)	Calories: 160	(approx. 18.4	USDA Organic	Total Carbohydrate
Chocolate Bar	0 0,	[5.7 Cal/g]	servings)	seal. Keto.	7 g, Dietary Fiber 4
	Cadmium:		\$4.88/bar	Vegan. Paleo.	g, Total Sugars
MIDNIGHT	7.7 mcg	Bitter dark		No Sugar	[Includes 0 g Added
200 CO120 CO (200 CO (200 CO) CO (200 CO)	(0.27	chocolate		Added.	Sugars] 0 g, Protein
Dist. by Eating	mcg/g)	flavor, not			3 g, Vitamin D 0.6
Evolved®		sweet, with		Precaution:	mcg, Calcium 17.5
Lvoived®	Lead: 1.1	small bits of		Contains:	mg, Iron 2.5 mg
	mcg (0.04	coconut but		Coconut. May	Additional
	mcg/g)	very little		Contain Traces	Information
		coconut		of Almonds,	
	Arsenic: 1	flavor (zero		Cashews,	3/7 bar
	mcg (0.04	sugar; no		Hazelnuts	Calories 160,
	mcg/g)	sweeteners)		Additional	Total Fat 17 g,
				Information	Saturated Fat 11 g, Trans Fat 0 g,
				Source: Not	Cholesterol 0 mg,
				listed	Sodium 5 mg,
				otou	Total
				Rainforest	Carbohydrate 7 g,
				Alliance	Dietary Fiber 4 g,
				People &	Total Sugars
				Nature seal.	[Includes 0 g
				USDA Organic	Added Sugars] 0
				seal. Keto.	g, Protein 3 g,
				Vegan. Paleo.	Vitamin D 0.6

				No Sugar Added. Precaution: Contains: Coconut. May Contain Traces of Almonds, Cashews, Hazelnuts, Macadamia Nuts, Sesame And Walnuts. Not a low calorie food.	mcg, Calcium 17.5 mg, Iron 2.5 mg, Potassium 190 mg. Ingredients: Organic Cacao, Organic Coconut, Organic Cacao Butter.
APPROVED	2 pieces	Caffeine:	\$0.85/2 pieces	Source: Not	2 pieces
2022	[25 g]	20.1 mg		listed	Calories 130, Total
Top Pick		Th h :	[\$0.54]	Waahan	Fat 11 g, Saturated
for Sweetened	Flavanols:	Theobromine:	\$2.20/2 F [100	Kosher.	Fat 7 g, Trans Fat 0
Dark Chocolate	318.5 mg	157 mg	\$3.39/3.5 oz [100	Dunanutian	g, Cholesterol 0 mg,
Bars	(12.7	Colorino: 120	g] bar (approx. 4	Precaution:	Sodium 0 mg, Total Carbohydrate 11 g,
Ghirardelli®	mg/g)	Calories: 130	servings)	May contain milk and tree	Dietary Fiber 3 g,
Intense Dark	Cadmium:	[5.2 Cal/g]		nuts.	Total Sugars
72% Cacao Dark	2.7 mcg	Moderate		nuts.	[Includes 6 g Added
Chocolate	(0.11	dark			Sugars] 7 g, Protein
CHIRARDEST	mcg/g)	chocolate			2 g, Vit. D 0 mcg,
72%	ilicg/g)	flavor and			Calcium 10 mg,
	Lead:	moderate			Iron 0.9 mg, Potas.
enniserses (II)	<0.23	sweetness (7			150 mg.
Mfd. by	mcg	g of sugar per			
Ghirardelli	(<0.01	25 g)			Ingredients:
Chocolate	mcg/g)	_,			Unsweetened
Company					chocolate
	Arsenic:				Additional
	0.7 mcg				Information
	(0.03				
	mcg/g)				2 pieces
					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. Ingredients: Unsweetened chocolate, cane sugar, cocoa butter, vanilla extract, soy lecithin.
NOT APPROVED	10 pieces	Caffeine:	\$1.16/10 pieces	Source: Not	10 pieces
2022	[30 g]	40.5 mg		listed	Calories 190, Total
Green & Black's			[\$1.17]		Fat 15 g, Saturated
Organic Dark	Flavanols:	Theobromine:		USDA Organic	Fat 9 g, Trans Fat 0
Chocolate -	198.2 mg	274.5 mg	\$34.80/ten 3.17 oz		g, Cholesterol 0 mg,
Dark 85% Cacao	(6.6	0 1 : 100	[90 g] bars	Projected	Sodium 15 mg,
DAJOK 85%	mg/g)	Calories: 190 [6.3 Cal/g]	(approx. 30	Verified seal.	Total Carbohydrate 11 g, Dietary Fiber 4
GREEN. GBLACKS	Cadmium:	[0.5 Cal/g]	servings) \$3.48/bar	Suitable For	g, Total Sugars [Incl
DAGANIC DAG SECONT	7.2 mcg	Intense dark	\$5.46/ Bai	Vegetarians.	Added Sugars 4 g]
	(0.24	chocolate		Certified	4 g, Protein 3 g,
Dist. by	mcg/g)	flavor with		Organic By	Vitamin D 0.4 mcg,
Mondelez		slight		California	Calcium 20 mg,
Global LLC	Lead: 0.57	sweetness (4		Certified	Iron 3.6 mg,
	mcg (0.02	g of sugar per		Organic	Potassium 230 mg
	mcg/g)	30 g)		Farmers	Additional
				(CCOF).	Information
	Arsenic:				
	0.78 mcg			Precaution:	10 pieces
	(0.03			May Contain:	Calories 190, Total Fat 15 g,
	mcg/g)			Milk, Tree Nuts.	Saturated Fat 9 g,
					Trans Fat 0 g,
					Cholesterol 0 mg,
					Sodium 15 mg,

					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. Ingredients: Organic Bittersweet Chocolate (Organic Chocolate Liquor, Organic Cocoa Butter, Organic Cane Sugar, Organic Vanilla Extract).
APPROVED 2022	1/2 bar [30 g]	Caffeine: 18	\$2.65 per 1/2 bar	Source: Not	1/2 bar Calories 190, Total
Hu Salty Dark Chocolate - 70% Cocoa Dist. by Hu Products LLC	Flavanols: 124.2 mg (4.1 mg/g) Cadmium: 2.3 mcg (0.08 mcg/g) Lead: 0.81 mcg (0.03 mcg/g) Arsenic: 0.93 mcg (0.03 mcg/g)	_	[\$4.26] \$21.16/four 2.1 oz [60 g] bars (approx. 8 servings) \$5.29/bar	USDA Organic seal. Fairtrade® seal. Certified Vegan Vegan.org seal. Non GMO Project Verified seal. Certified Paleo. Gluten Free. No Sugar Alcohols, No Erythritol. Precaution: Allergy Statement: Contains coconut	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 Additional Information 1/2 bar Calories 190, Total Fat 14 g, Saturated Fat 8 g,

Additional Information

Source: Not listed

USDA Organic seal. seal. Certified

Ingredients: Organic cacao, organic unrefined coconut sugar, organic cocoa butter, sea salt.

Sodium 100 mg,

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.

Total

Fairtrade® Vegan Vegan.org seal. Non GMO Project Verified seal. Certified Paleo. Gluten Free. No Sugar Alcohols, No Erythritol.

Precaution:

Allergy Statement: Contains coconut. May contain almond, cashew, hazelnut, pistachio & dairy. Allergens cleans made prior to

production, but beware that product is produced using equipment that also processed tree nuts, soy, dairy &

				wheat.	
APPROVED	2/5 bar	Caffeine:	\$1.52 per 2/5 bar	Source: Not	2/5 bar
2022	[30 g]	25.5 mg		listed	Calories 130, Total
Top Pick			[\$1.72]		Fat 12 g, Saturated
for Sweetened	Flavanols:	Theobromine:		USDA Organic	Fat 7 g, Trans Fat 0
Without Sugar	176 mg	212.7 mg	\$45.48/twelve 2.8	seal. Fairtrade®	g, Cholesterol 0 mg,
Dark Chocolate	(5.9		oz [80 g] bars	seal. No Sugar	Sodium 65 mg,
Bars	mg/g)	Calories: 130	(approx. 30	Added. Certified	Total Carb. 14 g,
Lily's® Sea Salt		[4.3 Cal/g]	servings)	Gluten-Free.	Dietary Fiber 8 g,
- Extra Dark	Cadmium:		\$3.79/bar	Kosher.	Total Sugars [Incl.
Chocolate - 70%	1.1 mcg	Moderate			Added Sugars 0 g]
Cocoa	(0.04	dark		Precaution:	0 g, Erythritol 5 g,
LIIVS	mcg/g)	chocolate		Allergy	Protein 3 g, Vitamin
FETTA DASS SHOOTATE		flavor, with		Information:	D 0 mcg, Calcium
	Lead: 0.6	slightly salty		Produced On	15 mg, Iron 3.5 mg,
My ST	mcg (0.02	_		Equipment That	Potassium 210 mg.
Dist. by Lily's	mcg/g)	tone (possibly		Also Processes	
Sweets LLC		from chicory)		Product	Ingredients:
	Arsenic:	(zero sugar;		Containing	Unsweetened
	<0.6 mcg	sweetened		Milk, Peanuts,	Chocolate,
	(<0.02	with erythritol		Soy And Tree	Erythritol
	mcg/g)	and stevia,		Nuts. Not a low	Additional
		but no		calorie food.	Information
		aftertaste)			2/5 bar
					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.
					Ingredients:

					Unsweetened Chocolate, Erythritol, Chicory Root Fiber, Cocoa Butter, Sea Salt, Sunflower Lecithin, Vanilla Extract, Stevia Extract.
Lindt Excellence Supreme Dark - 90% Cocoa Mfd. by Lindt & Sprungli (USA) Inc.	4 squares [40 g] Flavanols: 147.5 mg (3.7 mg/g) Cadmium: 5.8 mcg (0.15 mcg/g) Lead: <1 mcg (<0.03 mcg/g) Arsenic: <2 (<0.05 mcg/g)	Caffeine: 42.4 mg Theobromine: 474 mg Calories: 240 [6 Cal/g] Slightly sweet, mild chocolate flavor, waxy Note: Dutched - alkali processed	\$1.20/4 squares [\$1.62] \$2.99/3.5 oz [100 g] bar (approx. 2.5 servings) 2019 price: \$4.19/3.5 oz [100 g] bar	Source: Not listed Precaution: May contain traces of peanuts/ soybeans/ tree nuts/ milk.	4 squares 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% Additional Information 4 squares 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%,

					Calcium 4%, Iron 15%. Ingredients: Chocolate, cocoa butter, cocoa powder processed with alkali, sugar, bourbon vanilla beans.
APPROVED	1/4 bar	Caffeine:	\$1.19 per 1/4 bar	Source: Not	1/4 bar
2019	[25 g]	85.3 mg		listed	Energy 160 kcal,
Top Pick			[\$0.68]		Fat [of which:
for		Theobromine:		Vegan. Free	saturates 8 g] 13 g,
Unsweetened	350.5 mg	604.5 mg	\$28.60/six 90 g	From Gluten,	Carbohydrates [of
Dark Chocolate	(14 mg/g)		bars (approx. 24	Soya,	which: Sugars <0.1
Bars	0	Calories: 150	servings)\$4.77/bar	_	g] 2 g, Protein 3 g,
Montezuma's®	Cadmium: 1.4 mcg	[6 Cal/g]	2019 price:	Preservatives & GM.	Fibre 4 g, Salt <0.01
Dark Chocolate	(0.06	Strong	\$25.82/six 100 g	GIVI.	g.
Absolute Black -	mcg/g)	chocolate	bar	Precaution:	Ingredients: Dark
100% Cocoa	g, g,	flavor, slightly		May Contain	Chocolate (Cocoa
	Lead: 0.93			Traces Of Dairy,	Mass 100%).
1	mcg (0.04			Nuts, Peanuts &	
ABSOLUTE BLACK 1005 COCOA	mcg/g)			Sesame Seeds.	
Mfd. by	Arsenic:				
Montezuma's	<1.2 mcg				
Chocolates	(<0.05				
	mcg/g)				
NOT APPROVED	1 block	Caffeine:	\$2.44/block	Source: Not	1 block
2019	[55 g]	79.2 mg		listed	Calories 280,
Scharffen			[\$1.59]		Calories from Fat
Berger®	Flavanols:	Theobromine:		Kosher.	250, Total Fat 30 g,
Unsweetened -	305.9 mg	628.7 mg	\$24.35/two 9.7 oz		Sat. Fat 19 g, Trans
99% Cacao	(5.6		[275 g] bars		Fat 0 g, Cholest. 0
*	mg/g)	Calories: 280	(approx. 10		mg, Sodium 5 mg,
SCHARITEN BURGER		[5.1 Cal/g]	servings)		Total Carb. 14 g,
	Cadmium:	claimed	\$12.18/bar		Dietary Fiber 9 g,
errory	12.1 mcg (0.22	Ritter carthy	2010 price:		Sugars <1 g,
Mfd. by	mcg/g)	Bitter, earthy chocolate	2019 price: \$9.58/9.7 oz [275		Protein 8 g, Percent of recommended
Scharffen	cg/g/	flavor	g] bar		daily intake:
Berger	Lead: <1.4		33		Vitamin A 0%,
					·

1	ı	ı	ı	ı	ı
Chocolate	mcg	Note: Large,			Vitamin C 0%,
Maker	(<0.03	thick, block			Calcium 2%, Iron
	mcg/g)	for baking			20%
					Additional
	Arsenic:				Information
	<2.7 mcg				IIIIOIIIIatioii
	(<0.05				1 block
	mcg/g)				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 <1 g,
					Protein 8 g,
					Percent of
					recommended
					daily intake:
					Vitamin A 0%,
					Vitamin C 0%,
					Calcium 2%, Iron
					20%.
					20101
					Ingredients:
					Cacao Beans:
					Whole Vanilla
					Beans.
					Bearlo.
NOT APPROVED	1/2 bar	Caffeine:	\$4.50 per 1/2 bar	Source: Not	1/2 bar
2019	[35 g]	67.2 mg		listed	Calories 120, Total
Taza			[\$4.67]		Fat 14 g, Sat Fat 10
Chocolate®	Flavanols:	Theobromine:		USDA Organic	g, Trans Fat 0 g,
Wicked Dark® -	192.5 mg	414.4 mg	\$8.99/2.5 oz [70 g]	seal. Non GMO	Cholesterol 0 mg,
95% Dark	(5.5		bar (approx. 2	Project Verified	Sodium 0 mg, Total
STORE SECURDI- SOLO PLATOR	mg/g)	Calories: 210	servings)	seal. Gluten	Carb. 14 g, Dietary
TAZA CHOCOLATE		[6 Cal/g]		Free. Dairy Free.	Fiber 8 g, Total
WICKED DARK	Cadmium:		2019 price:	Soy Free.	Sugars [Incl. 2 g
	6.8 mcg	Mildly sweet,	\$3.37/2.5 oz [70 g]	Vegan. Kosher.	Added Sugars] 2 g,
	(0.19	earthy	bar		Protein 5g, Percent
Mfd. by Taza	mcg/g)	chocolate		Precaution:	of recommended
Chocolate		flavor, slightly		Contains traces	daily intake:
	Lead:	grainy		of almonds,	Vitamin D 0%
	<0.88			cashews,	A.1.100
					Additional

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

	<2.1 mcg (<0.05 mcg/g)			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.
APPROVED	3 squares	Caffeine:	\$0.38/3 squares	Source: Not	3 squares
2019	[38 g]	47.1 mg	[60, 20]	listed	Calories 230,
Trader Joe's®	Flavanols:	Theobromine:	[\$0.39]	Kosher.	Calories from Fat
Pound Plus -	196.8 mg	508.4 mg	\$4.99/17.6 oz [500	Kostier.	130, Total Fat 15 g, Saturated Fat 9 g,
72% Cacao Dark	(5.2	300.4 mg	g] bar (approx. 13	Precaution:	Trans Fat 0 g,
Chocolate	mg/g)	Calories: 230	servings)	Contains Soy.	Cholesterol 0 mg,
	9, 9)	[6.1 Cal/g]	Joen villige)	May Contain	Sodium 0 mg, Total
POUND PLUS	Cadmium:		2019 price:	Traces Of	Carbohydrate 19 g,
- Change Inter-	2.7 mcg	Sweet,	\$4.99/17.6 oz	Wheat, Milk,	Dietary Fiber 5 g,
Dist I T I	(0.07	slightly bitter,	[500g] bar	Eggs, Tree	Sugars 10 g,
Dist. by Trader	mcg/g)	smooth		Nuts.	Protein 3, Percent
Joe's		chocolate			of recommended
	Lead: 1.2	flavor			daily intake:
	mcg (0.03				Vitamin A 0%
	mcg/g)				Additional
					Information
	Arsenic:				2.00000000
	<1.9 mcg				3 squares
	(<0.05				Calories 230, Calories from Fat
	mcg/g)				130, Total Fat 15
					130, 10(a) 1 at 13

					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%. Ingredients: Cocoa Mass, Sugar, Cocoa Powder, Soy Lecithin (An Emulsifier).
NOT APPROVED	3 pieces	Caffeine:	\$0.51/3 pieces	Source:	3 pieces
2022	[30 g]	31.2 mg		Western	Calories 190, Total
Trader Joe's®			[\$0.86]	Uganda	Fat 15 g, Saturated
Uganda 85%	Flavanols:	Theobromine:			Fat 9 g, Trans Fat 0
Dark Chocolate	117.5 mg	276 mg	\$1.69/3.5 oz [100	Kosher.	g, Cholesterol 0 mg,
Bar	(3.9		g] bar (approx. 3.3		Sodium 0 mg, Total
Dai	mg/g)	Calories: 190	servings)	Precaution:	Carbohydrate 10 g,
UGANDA		[6.3 Cal/g]		May Contain	Dietary Fiber 4 g,
	Cadmium:			Milk, Soy,	Total Sugars
85%	7.6 mcg	Moderate		Wheat, Almond,	[Includes 4 g Added
Dist. by Trader	(0.25	dark		Cashew,	Sugars] 4 g, Protein
Joe's	mcg/g)	chocolate		Coconut,	3 g, Vit. D 0.6 mcg,
5063		flavor with		Hazelnut,	Calcium 20 mg,
	Lead: 1.9	earthy tone		Pistachio.	Iron 3.4 mg
	mcg (0.06	and slight			Additional
	mcg/g)	sweetness (4			Information
		g of sugar per			
		-			2 :
	Arsenic:	30 g)			3 pieces
	<0.6 mcg	-			Calories 190,
	<0.6 mcg (<0.02	-			Calories 190, Total Fat 15 g,
	<0.6 mcg	-			Calories 190, Total Fat 15 g, Saturated Fat 9 g,
	<0.6 mcg (<0.02	-			Calories 190, Total Fat 15 g,

					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. Ingredients: Cocoa Mass,
					Sugar, Cocoa
					Butter.
Dork Chandata (Obia)					
Dark Chocolate (Chips):	16 1:	\\\\\\\\	00.05/45 1:	0	16 -ki-
APPROVED	16 chips	Was not	\$0.25/16 chips	Source: Not	16 chips
2019	[15 g]	tested for caffeine and	[60 64]	listed	Calories 80, Calories from Fat
Ghirardelli®	(wide, flat shape)	theobromine	[\$0.64]	Kosher.	
Chocolate	Silape)	theoptomine	\$4.79/10 oz [283	Rosilei.	50, Total Fat 6 g, Sat Fat 3.5 g, Trans
Premium Baking	Flavanols:	Calories: 80	g] bag (approx. 19	Precaution:	Fat 0 g, Cholesterol
Chips - 60%	58.5 mg	[5.3 Cal/g]	servings)	May contain	0 mg, Sodium 0 mg,
Cacao	(3.9	[J.3 Gai/g]	servings)	milk.	Total Carbohydrate
Bittersweet	mg/g)	Slightly	2019 price:	IIIIK.	8 g, Dietary Fiber 1
Chocolate	ilig/g)	sweet, very	\$4.79/10 oz [283 g]		g, Sugars 6 g,
	Cadmium:	slightly bitter,	bag		Protein 1 g. Percent
GHIRARDELLI (2.7 mcg	smooth	bag		of recommended
60% CACAO salesteres Causaum	(0.18	chocolate			daily intake:
	mcg/g)	flavor			Vitamin A 0%,
Mfd. by	eg, g)	navor			Vitamin C 0%,
Ghirardelli	Lead:				Calcium 0%, Iron
Chocolate Company	<0.38				6%
	mcg				Additional
	(<0.03				Information
	mcg/g)				16 chips
	Arsenic:				Calories 80,
	<0.75				Calories from Fat
	mcg				50, Total Fat 6 g,
	(<0.05				Sat Fat 3.5 g,
	mcg/g)				Trans Fat 0 g,
					Cholesterol 0 mg,
					Sodium 0 mg,

			40.00/00		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%. Ingredients: Unsweetened chocolate, sugar, cocoa butter, milk fat, soy lecithin - an emulsifier, vanilla.
APPROVED	30 pieces	Was not	\$0.20/30 pieces	Source: Not	30 pieces
for Adults	[15 g]	tested for	[60.20]	listed	Calories 80, Total
2019	(little "kiss-	caffeine and theobromine	[\$0.28]	Organic. Made	Fat 5 g, Saturated Fat 3 g, Trans Fat 0
Guittard Extra	shaped"	theoptomine	\$4.49/11.5 oz [326	In A Peanut-	g, Cholesterol 0 mg,
Dark Chocolate	chips)	Calories: 80	g] bag (approx. 22	Free, Tree-Nut	Sodium 0 mg, Total
Baking Chips -	" "	[5.3 Cal/g]	servings)	Free, & Gluten-	Carb 8 g, Dietary
63% Cacao	Flavanols:			Free	Fiber 3 g, Total
Squittard #	143.6 mg	Moderately	2019 price:	Manufacturing	Sugars [Including 5
on E	(9.6	sweet,	\$4.49/11.5 oz [326	Facility.	g Added Sugars] 6
	mg/g)	smooth	g] bag	International	g, Protein, Vitamin
Dist. by Guittard		chocolate		Fairtrade	D 0 mcg, Calcium
Chocolate	Cadmium:	flavor		Certification	10 mg, Iron 2 mg,
Company	3.4 mcg			seal. Non GMO	Potassium 84 mg.
	(0.23 mcg/g),			Project Verified seal.	Ingredients: Cacao
	which is			उटवा.	Beans
	over the			Precaution:	
	Health			Made On	Additional
	Canada			Equipment Also	Information
	limit for			Used To Make	30 pieces
	children			Milk Chocolate;	Calories 80, Total
	of 3.0			Not Suitable	Fat 5 g, Saturated
	mcg per			For Individuals	Fat 3 g, Trans Fat
	serving			With Milk	0 g, Cholesterol 0
		I			

	I	I	I	l.,, .	۔ ۔
				Allergies.	mg, Sodium 0
	Lead:				mg, Total Carb 8
	<0.38				g, Dietary Fiber 3
	mcg				g, Total Sugars
	(<0.03				[Including 5 g
	mcg/g)				Added Sugars] 6
					g, Protein,
	Arsenic:				Vitamin D 0 mcg
	<0.56				Calcium 10 mg,
	mcg				Iron 2 mg,
	(<0.04				Potassium 84
	mcg/g)				mg.
	3.3/				
					Ingredients:
					Cacao Beans,
					Sugar, Sunflowe
					Lecithin And
					Vanilla.
Cacao/Cocoa Powders:					
APPROVED	1 tbsp [6	Caffeine:	\$0.22/tbsp	Source: Not	1 tbsp
2022	g]	14.6 mg		listed	Calories 10, Tota
365 [Whole			[\$1.34]		Fat 0.5 g, Saturat
Foods Market]	Flavanols:	Theobromine:		Quality	Fat 0 g, Trans Fat
Organic Cocoa	32.8 mg	137.4 mg	\$8.29/8 oz [227 g]	Assurance	g, Cholesterol 0 r
Powder -	(5.5		container (approx.	International	Sodium 0 mg, To
Unsweetened	mg/g)	Calories: 10	38 servings)	Certified	Carbohydrate 3 g
265		[1.7 Cal/g]		Organic seal.	Dietary Fiber 2 g,
305	Cadmium:			USDA Organic	Total Sugars
Cocoa	2.1 mcg	Rich and		seal. Fair Trade	[Includes 0 g Add
UNSWEETENSD	(0.36	slightly earthy		Certified seal.	Sugars] 0 g, Prote
R stratterszán co	mcg/g)	cocoa flavor -		Non GMO.	1 g, Vitamin D 0
Dist. by Whole		darker color		Vegan.	mcg, Calcium 0 r
Foods Market	Lead: 0.33	than others			Iron 2.5 mg,
	mcg (0.06				Potassium 210 m
	mcg/g)	Note:			
		Dutched -			Additional
	Arsenic:	alkali			Information
	0.22 mcg	processed			1 tbsp
		processed			Calories 10, Tot
	(0.04				Fat 0.5 g,
	mcg/g)				_
					Saturated Fat 0
					Trans Fat 0 g,
					Cholesterol 0 m
					Sodium 0 mg,
	I	I		I	Total
					Carbohydrate 3

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

Unsweetened Cocoa Powder - 100% Cocoa Unsweetened Cocoa Powder Unsweetened Cocoa Powder Unsweetened Cocoa Powder Corporation	Cadmium: 0.53 mcg (0.11 mcg/g) Lead: 0.32 mcg (0.06 mcg/g) Arsenic: 0.21 mcg (0.04 mcg/g)	[2 Cal/g] Moderately rich cocoa flavor - not bitter		Synthetic Colors.	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. Ingredients: Cocoa.
Hershey's Cocoa Special Dark - 100% Cacao HERSHEYS COCOA CO	1 tbsp [5 g] Flavanols: 9.3 mg (1.9 mg/g) Cadmium: 3.2 mcg (0.64 mcg/g), which is over the Health Canada limit for children of 3.0 mcg per serving Lead: 0.36 mcg (0.07 mcg/g) Arsenic: <0.25 mcg (<0.05 mcg/g)	moderate chocolate flavor. Very dark color. Note: Dutched - alkali processed	\$0.10/tbsp [\$2.06] \$4.29/8 oz [226 g] container (approx. 45 servings) 2019 price: \$4.29/8 oz [226 g] container	Source: Not listed Non GMO Project Verified seal. No Artificial Flavors. No Artificial Colors. No Preservatives. Gluten Free. Kosher.	1 tbsp 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. Ingredients: Cocoa Processed With Alkali.

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

Nestle® Toll			[\$0.57]		Fat 0.5 g, Sat. Fat 0
House® 100%	Flavanols:	Theobromine:		Kosher. No	g, Sodium 0 mg,
Pure Cocoa	19.9 mg	110.5 mg	\$2.55/8 oz [226 g]	Preservatives,	Total Carb. 3 g,
4	(4 mg/g)		container (approx.	Artificial Flavors	Fiber 2 g, Protein 1
Nestle*		Calories: 10	45 servings)	or colors.	g, Iron 2.1 mg.
TOLL	Cadmium:	[2 Cal/g]			
COCOA	1.2 mcg				Ingredient: Cocoa.
Dist. by Nestle	(0.24	Moderately			
USA, Inc.	mcg/g)	rich cocoa			
		flavor			
	Lead: 0.37				
	mcg (0.07				
	mcg/g)				
	Arsenic:				
	0.21 mcg				
	(0.04				
	mcg/g)				
APPROVED	1 tsp [2.5	Caffeine: 5.8	\$0.08/tsp	Source: Not	1 tsp
2022	g]	mg		listed	Calories 10, Total
NOW® Organic			[\$0.32]		Fat <0.5 g,
Cocoa Powder -	Flavanols:	Theobromine:		USDA Organic	Saturated Fat 0 g,
100% Cocoa	48.9 mg	59 mg	\$10.54/12 oz [340	seal. Non GMO	Trans Fat 0 g,
100% 00004	(19.6		g] container	Projected	Cholesterol 0 mg,
	mg/g)	Calories: 10	(approx. 136	Verified seal.	Sodium 0 mg, Total
COCOA POWDER		[4 Cal/g]	servings)	Kosher. Gluten	Carbohydrate <1 g,
ME CONTROL OF THE PARTY OF THE	Cadmium:			Free. No Sugar	Dietary Fiber <1 g,
Diet by NOW	1.3 mcg	Rich cocoa		Added. Non-	Total Sugars
Dist. by NOW	(0.52	flavor - not		Alkalized.	[Includes 0 g Added
Foods	mcg/g)	bitter		Vegan. Certified	Sugars] 0 g, Protein
				Organic by QAI.	<1 g, Vit. D 0 mcg,
	Lead: 0.28				Calcium 4 mg, Iron
	mcg (0.11				1 mg, Potas. 60 mg
	mcg/g)				Additional
					Information
	Arsenic:				
	0.17 mcg				1 tsp
	(0.07				Calories 10, Total
	mcg/g)				Fat <0.5 g,
					Saturated Fat 0 g,
					Trans Fat 0 g,
					Cholesterol 0 mg,
					Sodium 0 mg,
					Total
					Carbohydrate <1
					g, Dietary Fiber

					<1 g, Total Sugars [Includes 0 g Added Sugars] 0 g, Protein <1 g, Vit. D 0 mcg, Calcium 4 mg, Iron 1 mg, Potas. 60 mg. Ingredients: Organic Cocoa Powder.
APPROVED	1 tsp [3 g]	Caffeine: 8.6	\$0.08/tsp	Source: Sierra	1 tsp
2022		mg		Leone, Ghana,	Calories 12, Total
Terrasoul	Flavanols:		[\$0.27]	Ivory Coast or	Fat 0.3 g, Saturated
Superfoods	61.1 mg	Theobromine:		Dominican	Fat 0.2 g, Trans Fat
Cacao Powder -	(20.4	69.6 mg	\$12.49/16 oz [454	Republic	0 g, Cholesterol 0
100% Cacao	mg/g)	Calories: 12	g] container	Non CMO	mg, Total
TERRASOUL	Cadmium:	[4 Cal/g]	(approx. 151 servings)	Non GMO Projected	Carbohydrate 2 g, Dietary Fiber 1 g,
CACAO	1.2 mcg	[4 Cai/g]	servings)	Verified seal.	Total Sugars
POWDER	(0.41	Rich cocoa		USDA Organic	[Includes 0 g Added
E	mcg/g)	flavor - very		seal. Kosher.	Sugars] 0 g, Protein
Dist. by		mildly bitter		Raw.	1 g, Vitamin D 0
Terrasoul	Lead: 0.21				mcg, Calcium 7 mg,
Superfoods, LLC	mcg (0.07	Note:		Precaution:	Iron 0.4 mg,
	mcg/g)	Dutched -		Allergy Info:	Potassium 58 mg,
		alkali		Packaged in a	Magnesium 20 mg
	Arsenic:	processed		facility that	A -l -l:4: l
	0.16 mcg			handles tree	Additional Information
	(0.05			nuts.	information
	mcg/g)				1 tsp
					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. Ingredients: Organic Cacao Powder (Theobroma
					cacao).
Trader Joe's® Organic Fair Trade Cacao Powder Dist. by Trader Joe's	1 tbsp [5 g] Flavanols: 76 mg (15.2 mg/g) Cadmium: 4.9 mcg (0.98 mcg/g) Lead: 0.17 mcg (0.03 mcg/g) Arsenic: 0.32 mcg (0.06 mcg/g)	Was not tested for caffeine and theobromine Calories: 20 [4 Cal/g] Somewhat bitter/sour, mild chocolate flavor	\$0.11/tbsp [\$0.28] \$4.99/ 8 oz [227 g] bags (approx. 45 servings) 2019 price: \$3.99/8 oz [227 g] bar	Source: Peru Kosher. Quality Assurance International Certified Organic seal. USDA Organic seal. International Fairtrade Certification seal.	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 Additional Information 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,

					Potassium 100
					mg.
					Ingredients: Organic cacao
					powder.
APPROVED	5 g	Was not	\$0.29/5 g	Source: Not	5 g
2019	- 0 g	tested for	(0.23/ 5 g	listed	Calories 22.5,
	Flavanols:		[\$3.97]	liotou	Calories from Fat
Valrhona	14.6 mg	theobromine	[4007]	Kosher.	10, Total Fat 1.125
Poudre De	(2.9		\$14.49/8.82 oz		g, Saturated Fat 1.5
Cacao Cocoa	mg/g)	Calories: 22.5	[250 g] container		g, Trans Fat 0 g,
Powder - 100%	, , , , , , , , , , , , , , , , , , ,	[4.5 Cal/g]	(approx. 50		Cholesterol 0 mg,
Cacao	Cadmium:		servings)		Sodium 1.25 mg,
VALKHONA	0.5 mcg	Smooth,	3 /		Total Carbohydrate
_	(0.1	earthy	2019 price:		2 g, Dietary Fiber
TOURISE DE CACAO	mcg/g)	moderate	\$16.50/8.82 oz		1.375 g, Sugars
250 g 882 az		chocolate	[250 g] container		0.125 g, Protein
Dist. by	Lead: 0.49	flavor. Very	_		1.125 g, Percent of
Valrhona	mcg (0.1	dark color.			recommended daily
	mcg/g)				intake: Vitamin A
		Note:			0%
	Arsenic:	Dutched -			A dd:4: 1
	<0.25	alkali			Additional Information
	mcg	processed			information
	(<0.05				5 g
	mcg/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%,

					Iron 18.75%.
					Ingredients:
					Cocoa powder.
APPROVED	1 tbsp [5	Was not	\$0.08/tbsp	Source: Peru,	1 tbsp
2019	g]	tested for		Ecuador <i>USDA</i>	Calories 20, Total
Volupta Cacao		caffeine and	[\$0.30 based on	Organic seal.	Fat 0.5 g, Saturated
Powder		theobromine	amount claimed]	Non GMO	Fat 0 g, Trans Fat 0
Soys Indi	105.6 mg		[\$0.16 based on	Project Verified	g, Polyunsaturated
CACAO POWDER	(21.1	Calories: 20	amount found]	seal.	Fat 0 g,
	mg/g) (claimed	[4 Cal/g]	\$14.99/32 oz [907	International Fairtrade	Monounsaturated Fat 0 g, Cholesterol
of law promotes	55 mg 4)	Slightly bitter,	g] bags (approx.	Certification	0 mg, Sodium 0 mg,
Dist. by Volupta,	33 mg •)	moderate	181 servings)	seal. Kosher.	Total Carbohydrate
LLC	Cadmium:		To r servings)	Vegan.	3 g, Dietary Fiber 2
	2.9 mcg	flavor	2019 price:	, vogam	g, Total Sugars
	(0.59		\$32.99/two 32 oz	Precaution:	[Includes 0 g Added
	mcg/g)		[907 g] bags	Prop 65	Sugars] 0 g
	J 5,			Warning for	
	Lead: 0.46			Reproductive	Additional
	mcg (0.09			Health.	Information
	mcg/g)			Processed In A	1 tbsp
				Facility That	Calories 20, Total
	Arsenic:			Also Handles	Fat 0.5 g,
	0.31 mcg			Additional	Saturated Fat 0 g,
	(0.06			Information	Trans Fat 0 g,
	mcg/g)				Polyunsaturated
				Source: Peru,	Fat 0 g,
				EcuadorUSDA	Monounsaturated
				Organic seal. Non GMO	Fat 0 g,
					Cholesterol 0 mg, Sodium 0 mg,
				Project Verified seal.	Total
				International	Carbohydrate 3 g,
				Fairtrade	Dietary Fiber 2 g,
				Certification	Total Sugars
				seal. Kosher.	[Includes 0 g
				Vegan.	Added Sugars] 0
				_	g, Protein 1 g,
				Precaution:	Vitamin D 0 mcg,
				Prop 65	Calcium 10 mg,
				Warning for	Iron 0.6 mg,
				Reproductive	Potassium 100
				Health.	mg, Magnesium
				Processed In	40 mg, Copper

				A Facility	0.2 mg.
				That Also	
				Handles Egg,	Ingredients:
				Dairy, Soy,	Organic Cacao
				Wheat, Tree	Powder.
				Nut, Fish.	
NOT APPROVED	1/4 cup	Caffeine: 86	\$1.16 per 1/4 cup	Source: Not	1/4 cup
2022	[28 g]	mg		listed	Calories 143, Total
Wildly Organic™			[\$0.76]		Fat 15 g, Saturated
Fermented	Flavanols:	Theobromine:		USDA Organic	Fat 9 g, Trans Fat 0
Cacao Powder -	305.2 mg	618.8 mg	\$9.42/8 oz [227 g]	seal. Non GMO	g, Cholesterol 0 mg,
100% Cacao	(10.9		container (approx.	Projected	Total Carbohydrate
	mg/g)	Calories: 143	8 servings)	Verified seal.	9 g, Dietary Fiber 5
WILDLY ORGANIC		[5.1 Cal/g]		Fairtrade® seal.	g, Total Sugars
CACAO POWDER	Cadmium:			Kosher. Vegan.	[Includes 0 g Added
● M S. 40 ⊕ ⊝	12.5 mcg	Moderately		Raw.	Sugars] less than 1
Dist. by Wildly	(0.45	rich cocoa			g, Protein less than
Organic™ LLC	mcg/g)	flavor - not		Precaution:	1 g, Potassium 236
Organic LLO		bitter		May contain	mg, Calcium 29 mg,
	Lead: 1.9			desiccant and	Iron 1.9 mg,
	mcg (0.07			oxygen	Magnesium 92 mg
	mcg/g)			absorber	Additional
				packets to	Information
	Arsenic:			preserve	
	1.3 mcg			freshness.	1/4 cup
	(0.05			Warning:	Calories 143,
	mcg/g)			Cancer and	Total Fat 15 g,
				Reproductive	Saturated Fat 9 g,
				Harm	Trans Fat 0 g,
				Additional	Cholesterol 0 mg,
				Information	Total
				O N - +	Carbohydrate 9 g,
				Source: Not	Dietary Fiber 5 g,
				listed	Total Sugars [Includes 0 g
				LICDA Organia	
				USDA Organic seal. Non	Added Sugars]
					less than 1 g,
				GMO Projected	Protein less than
				Projected Verified seal.	1 g, Potassium
				Fairtrade®	236 mg, Calcium 29 mg, Iron 1.9
				seal. Kosher.	mg, Magnesium
				Vegan. Raw.	92 mg.
				veyan. Raw.	92 IIIY.
				Precaution:	Ingredients:

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

	for children, i.e., hot cocoa mixes Arsenic: <0.46 mcg (<0.02 mcg/g)				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 <1 g, Vit. D 0 mcg, Calcium 10 mg, Iron 0.8 mg, Potas. 130 mg. Ingredients: Sugar, cocoa processed with alkali, unsweetened chocolate, soy lecithin, vanilla extract.
APPROVED	1 packet	Caffeine: 2.3	\$0.13/packet	Source: Not	1 packet
for Adults	[20.2 g]	mg		listed	Calories 80, Total
2022	Flavor alay	The abrancia	[\$2.06]	Duccentian	Fat 2 g, Saturated
Nestle® Hot	12.6 mg	Theobromine: 29.3 mg	\$6.48/50 packets	Precaution: Contains: Milk.	Fat 1.5 g, Trans Fat 0 g, Cholesterol 0
Cocoa Mix	(0.6	29.5 mg	30.46/30 packets	May Contain	mg, Sodium 190
Nestle	mg/g)	Calories: 80		Soy And Wheat.	mg, Total
RIGH	3.3,	[4 Cal/g]			Carbohydrate 15 g,
MOT COCCO MISS	Cadmium:				Dietary Fiber <1 g,
Diet by Neetle	<0.32	Slightly milky,			Total Sugars
Dist. by Nestle USA, Inc.	mcg	moderately			[Includes 10 g
55A, IIIG.	(<0.02	sweet,			Added Sugars] 12
	mcg/g)	moderate			g, Protein <1 g,
		chocolate			Vitamin D 0 mcg,
	Lead: 0.73				Calcium 0 mg, Iron
	mcg (0.04				0.6 mg, Potassium
	mcg/g), which is	others			140 mg.
	over CL's	Note:			Ingredients: Sugar,
	limit for	Dutched -			Corn Syrup Solids,
	children	alkali			Dairy Product

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

					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.
Cacao Nibs:					
NOT APPROVED	1 oz [28 g]	Was not	\$0.77/oz	Source: Latin	1 oz
2019		tested for		America	Calories 130,
Healthworks®	Flavanols:	caffeine and	[\$0.30]		Calories from Fat
Cacao Nibs	507.4 mg	theobromine		USDA Organic	110, Total Fat 14 g,
12000	(18.1		\$12.28/16 oz [454	seal.	Saturated Fat 8 g,
	mg/g)	Calories: 130	g] bag (approx. 16		Trans Fat 0 g,
CACAO NIBS		[4.6 Cal/g]	servings)		Cholesterol 0 mg,
	Cadmium:		2010 :		Sodium 0 mg, Total
Dist. by	12.6 mcg	Very crunchy,	2019 price:		Carbohydrate 10 g,
Healthworks	(0.45	slightly bitter, mild	\$11.99/16 oz [454g] bag		Dietary Fiber 8 g, Sugars 0 g, Protein
	mcg/g)		[4549] bay		4 g, Percent of
	Lead: 1.4	chocolate flavor			recommended daily
	mcg (0.05	liavoi			intake: Vitamin A
	mcg/g)				0%
	mog/g/				
	Arsenic:				Additional
	<1.4 mcg				Information
	(<0.05				1 oz
	mcg/g)				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%, Vitamin C 0%, Calcium 2%, Iron 6%. Ingredients: Organic Cacao Nibs.
NOT APPROVED	3 tbsp [30	Was not	\$0.87/3 tbsp	Source: Peru	3 tbsp [30 g]
2019	g]	tested for		(2022: Peru no	Calories 190, Total
Best Option		caffeine and	[\$0.36 based on	longer listed as	Fat 15 g, Saturated
for Cacao Nibs	Flavanols:	theobromine	amount <i>claimed</i>]	source. Only	Fat 9 g, Trans Fat 0
Navitas™	677.1 mg		[\$0.26 based on	claims to be	g, Cholesterol 0 mg,
Organics	(22.6	Calories: 190	amount found]	"Fair Trade")	Sodium 0 mg, Total
Organic Cacao	mg/g) (480 mg	[6.3 Cal/g]	\$6.99/8 oz [227 g]	USDA Organic	Carbohydrate 11 g, Dietary Fiber 8 g,
Nibs	claimed	1 serving per	bag (approx. 8	seal. Non GMO	Total Sugars
NAVITAS	✓)	day.	servings)	Project Verified	[Includes 0 g Added
CACAO	,		3.,	seal. Kosher.	Sugars] 0 g, Protein
DIRECTION OF THE PROPERTY OF T	Cadmium:	Very crunchy,	2019 price:	BPA Free.	4 g, Vitamin D 0
₽ <u>0</u> •	8.7 mcg	slightly bitter,	\$6.99/8 oz [227 g]	International	mcg, Calcium 26
Dist. by Navitas	(0.29	mild	bar	Fairtrade	mg, Iron 1 mg,
Organics	mcg/g)	chocolate		Certification	Potassium 255 mg,
		flavor		seal.	Magnesium 84 mg
	Lead: 0.75				Additional
	mcg (0.03				Information
	mcg/g)				0.45 [00]
					3 tbsp [30 g]
	Arsenic:				Calories 190, Total Fat 15 g,
	<1.5 mcg (<0.05				Saturated Fat 9 g,
	mcg/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,

APPROVED 2022 rogetarian 2022						Vitamin D 0 mcg, Calcium 26 mg, Iron 1 mg, Potassium 255 mg, Magnesium 84 mg. Ingredients: Certified organic cacao nibs (Theobroma cacao).
vegetarian 32.4 mg (30 capsules mg claimed v)	Supplements:					
Top Pick Overall and for Supplements CocoaVia™ Brain Health Memory+ Dist. by Mars Symbioscience, A Division Of Mars, Incorporated APPROVED 2022 APPROVED 2022 CocoayIam ground claimed Flavanols: South and south claimed Cocoa Flavanols (of which 135 mg is (-)-epicatechin) 750 mg] 1,695 mg. Cocoayro™ Cocoa Extract (bean) Cocoa Flavanols (of which 135 mg is (-)-epicatechin) 750 mg] 1,695 mg. Cocoayro™ Cocoa Extract (bean) Cocoa Flavanols (of which 135 mg is (-)-epicatechin) 750 mg] 1,695 mg. Cocoayro™ Cocoa Extract (bean) Cocoa Flavanols (of which 135 mg is (-)-epicatechin) 750 mg] 1,695 mg. Cocoayro™ Cocoa Extract (bean) Cocoa Flavanols (of which 135 mg is (-)-epicatechin) 750 mg] 1,695 mg. Cocoayro™ Cocoa Extract (bean) Cocoa Flavanols (of which 135 mg is (-)-epicatechin) 750 mg] 1,695 mg. Cocoayro™ Cocoa Extract (bean) Cocoayro™ Cocoa Extract (bean) Cocoayro™	APPROVED	3		\$1.50/3 vegetarian	Source: Not	3 vegetarian
Overall and for Supplements CocoaVia™ Parain Health Memory+ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑	2022	_] ,	capsules	listed	
Supplements CocoaVia™ Brain Health Memory+ Dist. by Mars Symbioscience, A Division Of Mars, Incorporated Lead: 0.018 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2022 APPROVED 2022 Approved CocoaVia™ Span In Health Span In	Top Pick	capsules		[00 40 h	D	
OccoaVia™ Brain Health Memory+ Memory+ Dist. by Mars Symbioscience, A Division Of Mars, Incorporated Caddi Lead: 0.018 mcg (0.09 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2022 Capsules Theobromine: [\$0.30 based on amount found] Theobromine: [\$0.30 based on amount found] Square amount found] Occurring Caffeine Per Serving. Other Ingredients: Hypromellose Capsule. Source: Not Lead: 0.18 mcg (0.09 mcg/g) APPROVED 2 capsules Source: Not Listed Cocoapro™ cocoa evtract (hean)		Flavanole:				, ,
Brain Health Memory+			Theobromine:	_		
Memory+ Image mg/g) (750 mg) Calories not claimed \$44.99/90 Other Ingredients: Dist. by Mars Symbioscience, A Division Of Mars, Incorporated Cadmium: <0.01 mcg Capsules Once Daily With Food. (<a.005 </a.005 mcg/g) Once Daily With Food. With Food. Large vegetarian capsule Large vegetarian Vegetarian Capsule. Large vegetarian capsule Capsule Vegetarian Lead: 0.018 mcg (0.01 mcg/g) Capsule Capsule Arsenic: 0.18 mcg (0.09 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) Source: Not Isted 2 capsules APPROVED 2022 2 capsules Caffeine: 19.5 mg (25 mg claimed \$1.27/2 capsules Isted Source: Not Isted 2 capsules extract (hean)		_			_	'
(750 mg claimed claimed listed vegetarian capsules Three Cadmium: Cadmium: Capsules Once Daily With Food. (a.0.05 mcg/g) Arsenic: 0.18 mcg 0.01 mcg/g) Approved Approved 2 Caffeine: 19.5 mg (25 mg claimed) S44.99/90 vegetarian capsules Other Ingredients: Hypromellose Capsule. Capsule. Other Ingredients: Hypromellose Capsule. Sapsule. Other Ingredients: Hypromellose Capsule. Sapsule. Sapsule. Sapsule. Other Ingredients: Hypromellose Capsule. Sapsule. Sapsul		,				' ' '
Dist. by Mars Symbioscience, A Division Of Mars, Incorporated Lead: 0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: 2022 capsules Capsules Capsules Hypromellose Capsule. Hypromellose Capsule. Hypromellose Capsule. Capsules Source: Not 2 capsules Source: Not 2 capsules Phypromellose Capsule.	Memory+	,	Calories not	\$44.99/90	-	
Three Cadmium: Cadmium: Capsules Once Daily Mith Food. (<0.005) Mars, Incorporated Lead: 0.018 mcg (0.01) mcg/g) Arsenic: 0.18 mcg (0.09) mcg/g) Arsenic: 0.18 mcg (0.09) mcg/g) APPROVED 2 Caffeine: 2 Capsules Source: Not Isted Cocoapro™ cocoa extract (hean) Approved Capsules Capsules Cocoapro™ cocoa extract (hean)		claimed	listed	vegetarian		Other Ingredients:
Dist. by Mars Symbioscience, A Division Of Mars, Incorporated Lead: 0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: 2022 capsules Cadmium: Capsules Once Daily With Food. Camsules Once Daily With Food. Capsules Source: Not Incorporated Cadmium: Capsules Once Daily With Food. Camsules Source: Not Incorporated Source: Not Incorporated Capsules Source: Not Incorporated Source: Not Incorporated Source: Not Incorporated Capsules Source: Not Incorporated Source: Not Incorpora	CoccoaVia	✓)		capsules		Hypromellose
Dist. by Mars Symbioscience, A Division Of Mars, Incorporated Lead: 0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2022 Capsules 19.5 mg (25 mg claimed 150.51 based on Once Daily With Food. Once Daily With Food. Source: Not 2 capsules Cocoapro™ cocoa	MRMONY MAN JAMES AND STREET					Capsule.
Symbioscience, A Division Of Mars, Incorporated Lead: 0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: 2022 capsules 19.5 mg (25 mg claimed 150.51 based on 2 evtract (bean)	Dist. by Mars					
A Division Of Mars, Incorporated (<0.005 mcg/g) Large vegetarian Lead: 0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: 2 capsules 19.5 mg claimed [\$0.51 based on extract (bean)		<0.01	_			
Mars, Incorporated Mars, Incorporated Large Vegetarian	A Division Of	•	With Food.			
Incorporated Lead: 0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: 2022 capsules \$1.27/2 capsules Source: Not 2 capsules 19.5 mg (25 mg claimed \$0.51 based on Source: Not 2 capsules Source: Not 3 capsules Source: Not 4 capsules	Mars,	,	Large			
Lead: capsule 0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: \$1.27/2 capsules 2022 capsules 19.5 mg (25 mg claimed \$0.51 based on extract (bean)	Incorporated	ilicg/g/				
0.018 mcg (0.01 mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: \$1.27/2 capsules Source: Not 2 capsules 2022 capsules 19.5 mg (25 mg claimed [\$0.51 based on extract (bean)]		Lead:				
mcg/g) Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: \$1.27/2 capsules Source: Not 2 capsules 2022 capsules 19.5 mg (25 mg.claimed [\$0.51 based on extract (bean)]			'			
Arsenic: 0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: \$1.27/2 capsules Source: Not 2 capsules 2022 capsules 19.5 mg (25 mg claimed [\$0.51 based on extract (bean)]		mcg (0.01				
0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: \$1.27/2 capsules Source: Not 2 capsules 2022 capsules 19.5 mg (25 listed Cocoapro™ cocoa		mcg/g)				
0.18 mcg (0.09 mcg/g) APPROVED 2 Caffeine: \$1.27/2 capsules Source: Not 2 capsules 2022 capsules 19.5 mg (25 listed Cocoapro™ cocoa		Arsenic:				
(0.09 mcg/g) APPROVED 2 Caffeine: \$1.27/2 capsules Source: Not 2 capsules 2022 capsules 19.5 mg (25 listed Cocoapro™ cocoa						
APPROVED 2 Caffeine: \$1.27/2 capsules Source: Not 2 capsules 2022 capsules 19.5 mg (25 listed Cocoapro™ cocoa mg claimed [\$0.51 based on extract (bean)]		_				
2022 capsules 19.5 mg (25 listed Cocoapro™ cocoa		mcg/g)				
2022 capsules 19.5 mg (25 listed Cocoapro™ cocoa	ΔΡΡΡΩΝΈΝ	2	Caffeine:	\$1 27/2 canculas	Source: Not	2 cansules
mg claimed (\$0.51 hased on extract (hean)				φ1.27/2 Capsules		
Cocoavia: - -				[\$0.51 based on		
Cardio Health Flavanols: Flavanols: Image: Flavanols Fla		Flavanols:			Precaution: 25	, ,
579.6 mg [\$0.44 based on mg Naturally (of which 85 mg is	Cardio rieditii	579.6 mg		[\$0.44 based on	mg Naturally	(of which 85 mg is

Dist. by Mars Symbioscience, A Division Of Mars, Incorporated	(509.9 mg/g) (500 mg claimed ✓) Cadmium: <0.007 mcg (<0.005 mcg/g) Lead: 0.007 mcg (0.01 mcg/g)	85.6 mg Calories not listed	amount found] \$37.97/60 capsules	Occurring Caffeine Per Serving.	(-)-epicatechin) 500 mg] 1,130 mg. Other Ingredients: Hypromellose Capsule.
	Arsenic: 0.1 mcg (0.08 mcg/g)				
APPROVED 2022	1 scoop [6.4 g]	Caffeine: 19.9 mg (30	\$1.33/scoop	Source: Not	1 scoop Calories 10, Total
CocoaVia™	[0.4 9]	mg claimed	[\$0.53 based on	listed	Carbohydrate 4 g,
Cardio Health -	Flavanols:	✓)	amount claimed]	No artificial	Dietary Fiber 3 g,
Dark Chocolate	679 mg		[\$0.39 based on	colors. No	Protein <1 g,
Flavor Mix 🔼 "	(106.1	Theobromine:	amount found]	added sugar.	Cocoapro™ Cocoa
	mg/g)	104.3 mg	_		Extract (bean)
CocoeVia	(500 mg		\$39.97/6.8 oz [192		[Cocoa Flavanols
CARDIO	claimed	Calories: 10	g] container	mg Naturally	(of which 80 mg is
CONTRACTOR	~)	[1.56 Cal/g]	(approx. 30 servings)	Occurring Caffeine Per	(-)-epicatechin) 500
Dist. by Mars	Cadmium:	Mix 1 Scoop	servings)	Serving.	mg] 1,150 mg.
Symbioscience,	0.45 mcg	Daily To Milk,		Corving.	Other Ingredients:
A Division Of	(0.07	Coffee, Or			Cocoa Powder
Mars,	mcg/g)	Your Favorite			(Processed With
Incorporated	50/	Non-Dairy			Alkali), Oat Fiber,
	Lead: 0.22	Alternative.			Natural Flavor.
	mcg (0.03				
	mcg/g)	Loose			
		powder in jar			
	Arsenic:				
	0.24 mcg	Very dark			
	(0.04	brown			
	mcg/g)	powder,			

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

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