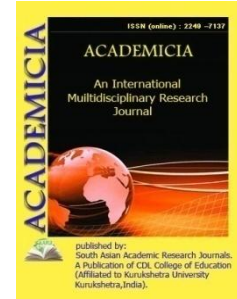


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## AN OVERVIEW ON CHOCOLATE IN HUMAN HEALTH

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### ABSTRACT

*For ages, chocolate/cocoa has been prized for its flavor and potential health benefits. Chocolate was formerly chastised for its fat content, and its intake was considered a sin rather than a cure for acne, cavities, obesity, high blood pressure, coronary artery disease, and diabetes. As a result, many doctors tended to caution patients about the health risks of eating excessive quantities of chocolate. The discovery of physiologically active phenolic chemicals in cocoa has altered this view and sparked study into its impact on aging, oxidative stress, blood pressure control, and atherosclerosis. Chocolate is being praised for its high antioxidant content. In many research, however, conflicting findings and methodological problems have made it difficult for health experts and the general public to comprehend the current data on chocolate's health effects. The goal of this review is to evaluate studies on the advantages and dangers of chocolate intake over the past decade.*

**KEYWORDS:** *Chocolate, Cocoa, Flavonoids, Polyphenols, Theobroma Cacao.*

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