

HERSHEY'S EXTRA DARK Dark Chocolate

HERSHEY'S EXTRA DARK dark chocolate is a velvety smooth, rich dark chocolate from a blend of cacao beans selected for just the right balance of taste, aroma and sweetness. The antioxidant capacity of 1 serving of HERSHEY'S EXTRA DARK dark chocolate (40g) is greater than 4 cups of green tea, 1½ glasses of red wine or ¾ cup blueberries.

Dark chocolate has long been recognized for its flavanol antioxidant benefits, but a study, conducted at Yale University's Prevention Research Center, has uncovered an important link to its vascular health benefits¹. The study, which used HERSHEY'S EXTRA DARK dark chocolate (60% cacao), reported that dark chocolate has a positive impact on blood pressure and blood vessel function. The results of the study, published in the *American Journal of Clinical Nutrition*, found that consuming HERSHEY'S EXTRA DARK dark chocolate (75g) as well as HERSHEY'S NATURAL COCOA (22g) lowered blood pressure and improved endothelial function in 45 participants 2 hours after consumption. In addition, HERSHEY'S EXTRA DARK Dark Chocolate has earned renowned health and fitness expert Bob Greene's Best Life seal of approval – the first chocolate bar to earn that distinction.

Reference: 1. Faridi et al., AJCN 2008;88:58-63.



HERSHEY'S EXTRA DARK Dark Chocolate Tasting Squares

Nutrition Facts	
Serving Size 4 pieces (40g)	
Amount Per Serving	
Calories 180	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 1mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	16%
Sugars 15g	
Protein less than 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

HERSHEY'S EXTRA DARK Pure Dark Chocolate is available in 10g tasting squares (45 calories each).