

Global Research Focuses on Cocoa

Below are just a few of the dozens of scientific journals that have published research on the health benefits of cacao, cocoa and chocolate:

Journal of Nutrition
Journal of American Medical Association
European Journal of Oral Science
British Journal of Medicine
Journal of the American College of Cardiology
American Journal of Clinical Nutrition
Journal of Cardiovascular Pharmacology
Journal of Agricultural and Food Chemistry
Journal of Ethnopharmacology

Journal of Cosmetic Dermatology
Journal of Periodontology
Journal of Clinical Biochemistry
International Journal of Obesity
International Journal of Cardiology
American Journal of Hypertension
British Journal of Nutrition
Free Radical Biology and Medicine
European Journal of Cancer Prevention



The following are prominent universities and research institutions that have funded independent research on cacao, cocoa and chocolate:

Yale University
Oxford University
University of Illinois
University of Nottingham
Harvard University
Heinrich-Heine-University, Duesseldorf, Germany
Tokyo Medical and Dental University
Indiana University

Cancer Research Center of Hawaii
University of Washington
Innsbruck Medical University, Austria
Georgetown University
University of Barcelona
London University
Beth Israel Deaconess Medical Center, Boston
Brigham and Women's Hospital, Boston
Purdue University

University of California, Davis
Hokkaido University, Japan
University of Oulu, Finland
University of Florence, Italy
St George's Hospital Medical School, London
University of Miami
University of Vienna
University of West Virginia
St. John's University

“If these observations [regarding cocoa epicatechin] predict the future, then we can say without blushing that they are among the most important observations in the history of medicine . . . Epicatechin could potentially get rid of 4 of the 5 most common diseases in the western world. How important does that make epicatechin? I would say very important.”

Norman Hollenberg, PhD, MD, Harvard University

Cocoa's Benefits: At a Glance

Dozens of studies demonstrate that cacao, cocoa and high-quality dark chocolate foods can support human health in a variety of ways. This chart gives a visual representation of the areas of health for which cocoa may be beneficial:

