The emerging role of flavonoid-rich cocoa and chocolate in cardiovascular health and disease.

Engler MB, Engler MM.

Abstract
Cocoa and chocolate have recently been found to be rich plant-derived sources of antioxidant flavonoids with beneficial cardiovascular properties. These favorable physiological effects include: antioxidant activity, vasodilation and blood pressure reduction, inhibition of platelet activity, and decreased inflammation. Increasing evidence from experimental and clinical studies using cocoa-derived products and chocolate suggest an important role for these high-flavanol-containing foods in heart and vascular protection.

PMID: 16572598 [PubMed - indexed for MEDLINE]