



Here is a visual explanation of the optimum daily dose of cocoa.

- 1) Start with a 90% Cocoa Lindt Chocolate Bar
- 2) Remove one of the ten squares in the package.
- 3) Cut the square into 8 equal pieces ( e.g a mid cut horizontally and three equidistant cuts vertically).

4) Each resulting piece is the optimum chocolate dosage of 1.5 grams of 100% cocoa.

If one piece is taken daily, it should lower your stroke, heart attack and heart failure risks by 48%, 37% and 33%, respectively.