

Ingredient/Product	Theobromine	Caffeine	Calories	Total Sugars	Total Fat
Chocamine™—500 mg Serving	60 mg	40 mg	1.5 kcal	0 gm	0 gm
Chocamine™—1,000 mg Serving	120 mg	80 mg	4.6 kcal	0 gm	0 gm
Chocamine™ Caffeine Free—500 mg Serving	60 mg	<2 mg	1.5 kcal	0 gm	0 gm
Chocamine™ Caffeine Free—1,000 mg Serving	120 mg	<4 mg	4.6 kcal	0 gm	0 gm
Cocoa Mix Powder—28 gm = 3 Teaspoons	114 mg	5 mg	111 kcal	21 gm	1.1 gm
Milk Chocolate—1.55 ounces = 1 bar	90 mg	9 mg	235 kcal	23 gm	13 gm
M&M® Candies—1.69 oz. = 1 package	53 mg	5 mg	236 kcal	30 gm	10 gm
Coffee—8 fl. oz. = 1 cup	0 mg	85 mg	10 kcal	0 gm	2 gm
Cola Beverage—12 fl. oz. = 1 can	0 mg	37 mg	155 kcal	40 gm	0 gm
Tea—8 fl. oz. = 1 cup	5 mg	47 mg	2.4 kcal	0 gm	0 gm

Source (except for Chocamine™)—USDA National Database for Standard Reference, Release 16 (July, 2003).
Chocamine™ information derived from recent batch analysis