

Since dark chocolate is a natural product made from crushed cocoa beans without cocoa butter, it can cause an allergic reaction. Symptoms may include itching, throat swelling, and even anaphylactic shock.

There isn't much caffeine in dark chocolate, but some people may experience insomnia, anxiety, and increased heart rate. Dark chocolate can also cause digestive issues.

"Dark chocolate can cause digestive problems in some people, especially those suffering from irritable bowel syndrome or ulcerative colitis. This food product also contains sugar and cocoa, which can contribute to the development of cavities," noted the specialist.

News materials should not be equated with a doctor's prescription. Consult a specialist before making a decision.