

# In Brief: Chocolate increases cognitive performance

May 26 2006

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A West Virginia professor has good news for chocoholics -- eating chocolate improves memory, reaction time and cognitive ability.

Dr. Bryan Raudenbush of Wheeling Jesuit University led the study, "Effects of Chocolate Consumption on Enhancing Cognitive Performance," Reliable Plant reported. He found that subjects who had consumed either milk chocolate or dark chocolate 15 minutes before they were tested performed better than those given carob or nothing at all.

"These findings provide support for nutrient release via chocolate consumption to enhance cognitive performance," Raudenbush said.

He plans to present his findings at a professional conference this summer.

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Citation: In Brief: Chocolate increases cognitive performance (2006, May 26) retrieved 25 January 2023 from <https://medicalxpress.com/news/2006-05-chocolate-cognitive.html>

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