

# No Caffeine in Chocolate

Many web sites state that chocolate contains **caffeine**, albeit in small amounts. But a scientific study shows otherwise.

*(xocoatl) The Biochemist, (Apr/May 1993, p 15) did chemical composition tests where they specifically distinguished between Caffeine and Theobromine. They found regularly up to 1.3% by weight Theobromine in Chocolate. They also found other pharmacologically active compounds including up to 2.20% Phenylethylamine up to 1.54% Tele- methylhistamine and occasionally up to 5.82% Serotonin. They could not detect any Caffeine at all.*