



Eat Chocolate to Cure Acne?

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We have all learned that contrary to popular myth, chocolate does not cause acne. But cure it? That's the new spin from a product from Frutels. The idea is that the sugar-free chocolate contains vitamins E, C, B-complex, zinc, and other ingredients that may contribute to skin health. While some experts tout the benefits of feeding your skin via

supplements—and the debate regarding whether or not they're effective rages on... Still, they're available online if you want to have your chocolate and eat it, too.

PHOTO: COURTESY OF FRUTELS

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