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## Frutels: Tackle Acne with Chocolate

By [Beauty Snob Sharon](#) on October 20, 2009 6:00 AM | [Leave Comment](#)



Chocolate that's good for your skin!?? Yup that's what **Frutels** is saying. Their vegetarian, sugar-free, antioxidant-rich dark chocolates are infused with vitamins to give you a dietary supplement by way of chocolate (kind of like a non-chewy version of **Viactiv**). I have a big snacking issue and my trainer is constantly grilling me with "Did you have chocolate after 5pm?" Of course I almost always have chocolate after 5pm despite the fact that I now know that chocolate can keep you up at night if you have it past the late afternoon. Anyway, while my trainer dismissed Frutels when I told her about it, I think that just like **Home Grown Love's** raw chocolates, Frutels is onto something.

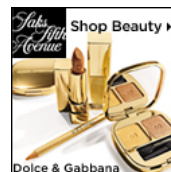
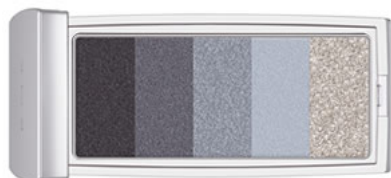
Each pack comes with 14 individually wrapped little chocolate balls (2-5 recommended per day), and they're not sweet. They're very hard so it takes awhile to chew (thus helping me to avoid over-indulging), and while they may not completely satisfy your chocolate craving since they're not actually sugary, they're packed with everything from Vitamin C, and E, to Niacin and Thiamin. So while I don't know if they can actually clear up your skin (mine looks pretty much the same after a bag of these), it seems to me like Frutels are a good way to help treat your skin from the inside out.

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By Beauty Snob Tina on October 19, 2009 12:00 PM | [3 Comments](#)



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