

Video: Milk versus dark chocolate: A scientific showdown

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Credit: The American Chemical Society

Valentine's Day is nearly here. Whether you're spending it with your significant other or flying solo, chocolate is often in the mix. But which is the better choice: milk or dark chocolate?

Reactions pits the two against each other in a scientific showdown, highlighting research on chocolate's potential health benefits, flavor,

aphrodisiac properties and more.

Check out this confectionary competition here:

Provided by American Chemical Society

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