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Evaluation of 'TRU Chocolate'*

Estimation of the Glycemic Load of TRU Chocolate

The question has been raised whether the consumption of TRU Chocolate is safe for diabetics. From the disclosed composition of the product and published Glycemic Indices of the components the Glycemic Index (GI) of TRU Chocolate was calculated to 10.15. From this value the Glycemic Load (GL) was calculated to of one 8 gram serving unit to 0.81, corresponding to 1/6 of the same amount of sugar. It is concluded that TRU Chocolate is safe for diabetics.

Observations on Effect of TRU Chocolate on Blood Glucose Levels

Comments received by (non-diabetic) users of TRU Chocolate mentioned its pleasant taste and the surprisingly long-lasting feeling of satiety it produces. Other users reported an apparent mood-stabilizing effect and disappearance of between-meal cravings for sweets or snacks after consuming the product. This is indicative of a stabilization of blood glucose levels and was confirmed by blood glucose analyses.

Reports on the effect TRU Chocolate as a dietary aid.

TRU Chocolate is suggested to be ingested '10 minutes before eating anything else'. Users of the product remarked that following this recommendation turned the 'before' into an 'instead of', making it easy for them to reach their weight loss goals.

A handwritten signature in black ink that reads 'G.N. Schrauzer'.

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*This statement reflects the opinion of Dr.G.N.Schrauzer and does not represent an official position of the University of California.