

## FINAL REPORT

**Company Name:** Gayleen's Decadence cc  
**Contact Person:** Gayleen Evans  
**Telephone:** 082 280 4807  
**Fax:**  
**e-mail:** [gayleen@gayleensdecadence.co.za](mailto:gayleen@gayleensdecadence.co.za)

**Report Title:** Nutritional Analysis of Organic Chocolate  
**Report Number:** 150144  
**Brief:** Nutritional Analysis  
**Date of Request:** 26 June 2015  
**Work Commenced:** 29 June 2015  
**Date of Report:** 22 July 2015  
**Technical Staff:** M. Menziwa (N.D. Analytical Chemistry)  
 N. Mshicileli (M.Sc.Chemistry)  
 L. Dolley (M.Sc., Pr. Sci. Nat.)  
**Certified by:**

### 1. Sample Reception & Treatment

The chocolate sample was received on the 26<sup>th</sup> of June 2015 and stored in the fridge prior to analysis.

### 2. Methodology

Various standard in-house laboratory methods were employed for nutritional analyses and referenced against AOAC-accredited methods.<sup>1-7</sup> Sodium will be determined using Inductive Coupled Plasma (ICP) spectroscopy.

### 3. Results

**Table 1:** Nutritional analysis results for the sample supplied. Results are an average of duplicate determinations.

Analysis	Value (per 100g)
*Energy <sup>1</sup> (kJ)	2257.63
*Carbohydrates <sup>1</sup> (g)	35.23
Of which Sugars <sup>2</sup> (g):	
Glucose	9.66
Fructose	15.02
Sucrose	0.66
Moisture <sup>3</sup> (g)	6.46
Ash <sup>4</sup> (g)	1.77
Protein <sup>5</sup> (g)	7.25
Fat <sup>6</sup> (g)	39.36
Of which:	
Saturated (g)	27.27
Mono-unsaturated (g)	11.23
Poly-unsaturated (g)	0.86
TDF <sup>7</sup> (g)	9.94

Sodium (mg)	13.54
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\* Carbohydrate and energy are calculated once all the other components have been analyzed for and quantified.

#### 4. Discussion & Recommendations

The results of the nutritional analysis are to be used at the client's discretion.

#### 5. Declaration

I declare that all analyses were performed with scientific protocols strictly adhered to and that the results are reliable within the scope of the methods.



L. Dolley

M.Sc., Pr. Sci. Nat. (Biological Science; No. 400019/97)

#### References

1. Pearson's Chemical Analysis of Foods, 8<sup>th</sup> Edition 1981.
2. AOAC 982.14 (2003) 17<sup>th</sup> Edition, Chapter 32, page 42 – 43.
3. AOAC 934.01 (2005) 18<sup>th</sup> Edition, Chapter 4, pg.1.
4. AOAC 923.03 (2005) 18<sup>th</sup> Edition, Chapter 32, pg. 2.
5. AOAC 920.53 (1992) 8th Edition.
6. AOAC 996.06 (2005) 18<sup>th</sup> Edition, Chapter 41, pg. 20 – 24 (Oils and Fat).
7. AOAC 991.43 (2005) 18<sup>th</sup> Edition, Chapter 32, pg. 7 – 10.

#### Notes

Herewith explanatory notes in terms of abbreviations and other terms needing clarification in this report:

TDF: Total Dietary Fibre

kJ: kilo Joule

mg: milligram

g: gram

AOAC: Association of Official Analytical Chemists