



Flavonoid Intake and Human Health

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Message from the Guest Editors

There is now a substantial body of literature that has investigated the potential benefits to health of acute and chronic flavonoid consumption. This Special Issue presents the leading evidence in the field, through a series of systematic reviews, original data sets, and commentaries focused on the following topics:

- Exploring the cognitive benefits of epicatechin consumption with a mechanistic cerebral blood flow perspective
- The interaction between acute flavonoid ingestion and acute exercise interventions for influencing polyphenolic gut peptides.
- The efficacy of dietary flavonoids for prevention and treatment of metabolic disorders such as type 2 diabetes
- An overview of the mechanistic complexities surrounding flavonoid intake and gut microbiota.
- The interplay and overlap between cardiovascular health and cerebrovascular health following systematic flavonoid consumption
- A detailed, critical review of the epidemiological evidence examining the link between dietary flavonoid consumption and chronic disease risk.





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