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## Analysis and Health Benefits of Wine Polyphenols

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### Message from the Guest Editors

Wine seems to be beneficial to health, and a moderate and regular consumption of this beverage is recommended. The beneficial effect against human diseases is associated with the content of phenolic compounds of wines. Over time, phenolic compounds have received increased attention because of their antioxidant, anti-inflammatory, and antimicrobial properties, and also have been associated with the prevention of chronic pathologies, such as cardiovascular disorders, neurodegenerative decline, and even cancer. Therefore, phenolic compounds are considered to be important bioactive compounds; most of these effects have been shown in in vitro, but in vivo studies in the human body are scarce. Nowadays, there is a need to demonstrate the effects of these bioactive compounds applying at least some in vitro biological tests or in vivo assays.

In the last few decades, analysis of the bioactive properties of wine due to its phenolic composition has been of great interest in the wine and food industry, as well as for actual consumers. This Special Issue intends to present and discuss the biological activity of wine polyphenols and their importance in nutrition and health.



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**Special** Issue



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