



Cocoa and Chocolate in Human Health

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Message from the Guest Editors

Dear Colleagues,

The medical uses of cocoa beans are well described in human history. Numerous reports have focused on various health-beneficial effects associated with the consumption of cocoa. Accordingly, increasing epidemiological evidence supports the concept that regular dietary intake of cocoa rich in phenolic phytochemicals may reduce or delay the onset of cardiovascular and other chronic diseases. Therefore, cocoa is continuously drawing attention due to growing scientific evidence suggesting its effects on health.

This Special Issue of *Nutrients*, entitled "Cocoa and Chocolate in Human Health," welcomes the submission of manuscripts either describing original research or reviewing scientific literature, including systematic reviews and meta-analyses. Papers should focus on the effects of cocoa flavonoids and cocoa products on the different aspects of the human health and their health-related benefits.

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