



Dietary Polyphenols and Cardiometabolic Health

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Message from the Guest Editors

A large variety of polyphenols are present in almost all plant-derived foods. The results of many studies are promising, especially with regard to cardiovascular health. For example, flavanols from cocoa have been shown to increase vascular elasticity and lower blood pressure. Functional cocoa products with an elevated flavanol content have been designed and marketed. Currently, many plant extracts from polyphenol-rich foods, as well as isolated polyphenols, are available as dietary supplements.

Cardiovascular diseases (CVDs) such as coronary heart disease and stroke are the leading cause of death worldwide. Therefore, prevention or cure by nutritional components such as polyphenols could increase the life span and quality of millions of people.

This Special Issue of *Nutrients* entitled “Dietary Polyphenols and Cardiometabolic Health” welcomes the submission of manuscripts providing either original research or reviews on the current state of research.





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