



Polyphenols and Flavonoid Research

When you are ready to dig deeper into the benefits of polyphenols, flavonoids, anthocyanins, and carotenoids to human health and prevention of disease, check out these articles in peer-reviewed scientific journals. Each of these demonstrates the protective and restorative benefits of a diet rich in naturally occurring polyphenols. This is a “Fruitful” level exploration.

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