

## POLYPHENOLS WINE AND HEALTH%0A

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It is in the first years of the wine that some polyphenols help prevent cardiovascular diseases and some cancers, among other health benefits. Other sources of flavonoids include all citrus fruits, berries, ginkgo biloba, onions, parsley, pulses, tea (especially white and green tea), seabuckthorn, and chocolate with a cocoa content of 70 percent or greater.

<http://www.thegraphicdesign.co/Health-benefits-of-wine--Antioxidants--resveratrol--and--.pdf>

### **Which Wines Are The Best For Your Health And Why Wine**

Of course, wine isn't the only food with high levels of polyphenols. Apples, beans, chocolate, grape seed extract (as a supplement), tea, and pomegranates are great alternatives to wine with higher levels of polyphenols.

<http://www.thegraphicdesign.co/Which-Wines-Are-The-Best-For-Your-Health--And-Why--Wine--.pdf>

### **Polyphenols are medicine Is it time to prescribe red wine**

Polyphenols have varying levels of antioxidant characteristics that depend on their chemical structures (36,37). The phenol group is a strong electron donor and is readily oxidized. In addition, red wine is rich in catechol-containing compounds that also have antioxidant activity, albeit less than polyphenols.

<http://www.thegraphicdesign.co/Polyphenols-are-medicine--Is-it-time-to-prescribe-red-wine--.pdf>

### **10 Best Polyphenol Rich Superfoods Why You Should Be**

The evidence for the heart benefits for foods rich in polyphenols comes from hundreds of studies. One example published last year was a large study in Europe reporting that a higher intake of polyphenols, particularly stilbenes from grapes and nuts and lignans from flax, was associated with a longer life span.

<http://www.thegraphicdesign.co/10-Best-Polyphenol-Rich-Superfoods-Why-You-Should-Be--.pdf>

### **Polyphenols What They Are and Why You Need Them**

There are over 8,000 identified polyphenols found in foods such as tea, wine, chocolates, fruits, vegetables, and extra virgin olive oil, 1 just to name a few. Polyphenols play an important role in maintaining your health and wellness.

<http://www.thegraphicdesign.co/Polyphenols--What-They-Are--and-Why-You-Need-Them.pdf>

### **Phenolic content in wine Wikipedia**

The phenolic content in wine refers to the phenolic compounds natural phenol and polyphenols in wine, which include a large group of several hundred chemical compounds that affect the taste, color and mouthfeel of wine.

<http://www.thegraphicdesign.co/Phenolic-content-in-wine-Wikipedia.pdf>

### **Plant polyphenols as dietary antioxidants in human health**

Polyphenols are secondary metabolites of plants and are generally involved in defense against ultraviolet radiation or aggression by pathogens. In the last decade, there has been much interest in the potential health benefits of dietary plant polyphenols as antioxidant. Epidemiological studies and

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