

Special Issue

Flavonoid Intake and Human Health

Message from the Guest Editors

There is now a substantial body of literature that has investigated the potential benefits to health of acute and chronic flavonoid consumption. This Special Issue presents the leading evidence in the field, through a series of systematic reviews, original data sets, and commentaries focused on the following topics:

- Exploring the cognitive benefits of epicatechin consumption with a mechanistic cerebral blood flow perspective
- The interaction between acute flavonoid ingestion and acute exercise interventions for influencing polyphenolic gut peptides.
- The efficacy of dietary flavonoids for prevention and treatment of metabolic disorders such as type 2 diabetes
- An overview of the mechanistic complexities surrounding flavonoid intake and gut microbiota.
- The interplay and overlap between cardiovascular health and cerebrovascular health following systematic flavonoid consumption
- A detailed, critical review of the epidemiological evidence examining the link between dietary flavonoid consumption and chronic disease risk.

Guest Editors

Prof. Dr. Claire Williams

School of Psychology and Clinical Language Sciences, University of Reading, Reading, UK

Dr. Daniel Lamport

School of Psychology and Clinical Language Sciences, University of Reading, Earley Gate, Whiteknights Road, Reading RG6 6AL, UK

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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