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Authors: Anna Rafaela Cavalcante Braga, Daniella Carisa Murador, Leonardo Mendes de Souza Mesquita, Veridiana Vera de Rosso

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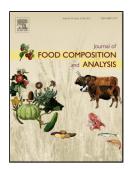
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Type of paper: Study Review

Bioavailability of anthocyanins: gaps in knowledge, challenges and future research

Anna Rafaela Cavalcante Braga^{1,2}, Daniella Carisa Murador¹, Leonardo Mendes de Souza

Mesquita¹, and Veridiana Vera de Rosso^{1*}

¹Department of Bioscience, Federal University of São Paulo (UNIFESP), Santos, São Paulo

11015-020, Brazil.

²Department of Exact and Earth Sciences, Federal University of São Paulo (UNIFESP),

Campus Diadema, Diadema, São Paulo 09972-270, Brazil.

annarafaela@gmail.com; danicarisa@hotmail.com; mesquitalms@gmail.com;

veriderosso@yahoo.com*.

Highlights

• Are anthocyanins responsible for health benefits?

• New perspectives on our understanding and the use of anthocyanins.

• *In vitro* studies are a tool to understand the bioavailability of anthocyanins.

• The chemical forms of anthocyanins are related to their bioavailability.

• The intestinal microbiota play roles in anthocyanin bioavailability.

Abstract

Anthocyanins are naturally occurring bioactive compounds that are extensively distributed in

plant-derived foodstuffs and, consequently, largely consumed by humans. The consumption

of foods rich in anthocyanins is related to decreased risks of developing cardiovascular

disease and cancer. Despite the beneficial properties of anthocyanins, their effectiveness at

preventing or treating a range of diseases depends on their bioavailability. Scientific

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