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

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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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