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Wieslaw Wiczkowski, Ewa Romaszko, Dorota Szawara-Nowak, Mariusz K. Piskula



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**The impact of the matrix of red beet products and interindividual variability on betacyanins bioavailability in humans**

Wieslaw Wiczowski<sup>1\*</sup>, Ewa Romaszko<sup>2</sup>, Dorota Szawara-Nowak<sup>1</sup>, Mariusz K. Piskula<sup>1</sup>

<sup>1</sup>Institute of Animal Reproduction and Food Research, Polish Academy of Sciences in Olsztyn, Tuwima 10 Str., 10-748 Olsztyn, Poland

<sup>2</sup>NZOZ Atarax, 1 Maja 3 Str., 10-117 Olsztyn, Poland

\*Corresponding author: tel.: +48 89 5234604; fax: +48 89 524012; e-mail address:

w.wiczowski@pan.olsztyn.pl

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