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Professional Edition

Focused Research Topics

Cardiovascular Disease: Prevention & Flavonoids

Study Types	Research Articles
Human Study	10
Review	2
Commentary	2
Animal Study	1

The GMI-Pub system automates the natural medical research retrieval process by creating an individualized document that matches your search requirements in order to fit the needs of real people, in real time.

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Below you will find compelling research hard-referenced to peer-reviewed biomedical research sourced from the US National Library of Medicine. For more research on over 6000 validated topics, please visit http://GreenMedInfo.com/research-dashboard

Associated Topics included in this Focused Research

Cardiovascular Disease: Prevention
Cardiovascular Diseases

View the Evidence

15 Research Articles in Total

Cocoa powder and dark chocolate may favorably affect cardiovascular disease risk status by modestly reducing LDL oxidation susceptibility and increasing serum total antioxidant capacity and HDL-cholesterol concentrations.

Pubmed Data : Am J Clin Nutr. 2001 Nov;74(5):596-602. PMID: **11684527**

Article Published Date : Nov 01, 2001

Authors : Y Wan, J A Vinson, T D Etherton, J Proch, S A Lazarus, P M Kris-Etherton

Study Type : Human Study
Additional Links
Substances : Catechin : CK(522) : AC(170), Flavonoids : CK(1215) : AC(379)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Cholesterol: Oxidation : CK(518) : AC(117) , HDL: Low : CK(305) : AC(50)
Pharmacological Actions : Antioxidants : CK(8430) : AC(3132)
Additional Keywords : Proanthocyanidins : CK(203) : AC(54)

Cranberry may have a favorable role to play in the prevention of cardiovascular disease.

Pubmed Data : Nutr Rev. 2007 Nov;65(11):490-502. PMID: **18038941**

Article Published Date : Nov 01, 2007

Authors : Diane L McKay, Jeffrey B Blumberg

Study Type : Review
Additional Links
Substances : Cranberry : CK(349) : AC(69) , Flavonoids : CK(1215) : AC(379)

Diseases : Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Antioxidants : CK(8430) : AC(3132)
Additional Keywords : Proanthocyanidins : CK(203) : AC(54)

Olive oil consumption in the Mediterranean diet may be largely responsible for its positive effect on reduced cardiac mortality and oxidative damage.

Pubmed Data : Inflammopharmacology. 2008 Oct;16(5):216-8. PMID: **18815741**

Article Published Date : Oct 01, 2008

Authors : M-I Covas

Study Type : Commentary
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Olive : CK(473) : AC(136) , Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Oxidative Stress : CK(3871) : AC(1382)
Pharmacological Actions : Antioxidants : CK(8430) : AC(3132)

Polyphenols from olive exhibit anti-platelet activity which is associated with the cardiovascular benefits of the Mediterranean diet.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2008 Feb;18(2):127-32. Epub 2007 Mar 7. PMID: **17346951**

Article Published Date : Feb 01, 2008

Authors : Indu Singh, Michelle Mok, Anne-Marie Christensen, Alan H Turner, John A Hawley

Study Type : Commentary
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Oleuropein : CK(76) : AC(49) , Olive leaf extract : CK(103) : AC(46), Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Clotting : CK(164) : AC(34) , Thrombosis : CK(316) : AC(81)
Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(662) : AC(76)
Pharmacological Actions : Anti-Platelet : CK(125) : AC(38) , Antioxidants : CK(8430) : AC(3132)
Additional Keywords : Plant Extracts : CK(7645) : AC(2539)

Pycnogenol improves diabetes control, lowers cardiovascular disease risk factors, and reduces the need for hypertension medication in type diabetic patients.

Pubmed Data : Nutr Res. 2008 May;28(5):315-20. PMID: **19083426**

Article Published Date : May 01, 2008

Authors : Sherma Zibadi, Peter J Rohdewald, Danna Park, Ronald Ross Watson

Study Type : Human Study
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Pycnogenol (Pine Bark) : CK(556) : AC(94)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Diabetes: Cardiovascular Illness : CK(700) : AC(107), Diabetes Mellitus: Type 2 : CK(3572) : AC(624) , Hypertension : CK(2984) : AC(406)
Pharmacological Actions : Antioxidants : CK(8430) : AC(3132) , Hypoglycemic Agents : CK(1446) : AC(342)
Additional Keywords : Drug Sparing : CK(451) : AC(50) , Plant Extracts : CK(7645) : AC(2539)

The Mediterranean diet, which includes a combination of antioxidant compounds and flavonoid-rich foods, appears effective to decrease LDL particle oxidizability, which reduces the risk for cardiovascular disease.

Pubmed Data : J Nutr Biochem. 2006 Oct;17(10):645-58. Epub 2006 Feb 3. PMID: **16517144**

Article Published Date : Oct 01, 2006

Authors : Annie Lapointe, Charles Couillard, Simone Lemieux

Study Type : Human Study
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Polyphenols : CK(931) : AC(335)
Diseases : Arteriosclerosis : CK(452) : AC(126) , Cardiovascular Diseases : CK(7342) : AC(916) , Cholesterol: Oxidation : CK(518) : AC(117)
Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(662) : AC(76)
Pharmacological Actions : Antioxidants : CK(8430) : AC(3132)

Animal experimentation and cocoa interventions in humans support the anti-inflammatory effect of cocoa compounds.

Pubmed Data : Nutrients. 2016 Apr 9 ;8(4):212. Epub 2016 Apr 9. PMID: **27070643**

Article Published Date : Apr 08, 2016

Authors : Luis Goya, María Ángeles Martín, Beatriz Sarriá, Sonia Ramos, Raquel Mateos, Laura Bravo

Study Type : Review
Additional Links
Substances : Cocoa : CK(753) : AC(105) , Flavonoids : CK(1215) : AC(379)
Diseases : Atherosclerosis : CK(601) : AC(150) , Cardiovascular Diseases : CK(7342) : AC(916) , Inflammation : CK(3240) : AC(882)
Pharmacological Actions : Anti-Inflammatory Agents : CK(4861) : AC(1630)
Additional Keywords : Anti-Inflammatory Agents : CK(4861) : AC(1630) , Atherosclerosis : CK(1) : AC(1) , Cancer : CK(1) : AC(1) , Cancer : CK(1) : AC(1) , Cancer : CK(1) : AC(1) , Cancer : CK(1) : AC(1) , Inflammation : CK(2) : AC(2), Risk Reduction : CK(6417) : AC(686)

Higher intakes of fruit-based flavonoids were associated with a lower risk of nonfatal MI and ischemic stroke in men.

Pubmed Data : Am J Clin Nutr. 2016 Aug 3. Epub 2016 Aug 3. PMID: **27488237**

Article Published Date : Aug 02, 2016

Authors : Aedín Cassidy, Monica Bertoia, Stephanie Chiuve, Alan Flint, John Forman, Eric B Rimm

Study Type : Human Study
Additional Links
Substances : Anthocyanins : CK(372) : AC(136) , Flavonoids : CK(1215) : AC(379) , Fruit: All : CK(4608) : AC(976)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Myocardial Infarction : CK(1101) : AC(162) , Stroke : CK(1365) : AC(168)
Additional Keywords : Risk Reduction : CK(6417) : AC(686)

Intake of total polyphenols and some classes of polyphenols is inversely associated with diabetes in elderly People at high cardiovascular disease risk.

Pubmed Data : J Nutr. 2016 Mar 9. Epub 2016 Mar 9. PMID: **26962181**

Article Published Date : Mar 08, 2016

Authors : Anna Tresserra-Rimbau, Marta Guasch-Ferré, Jordi Salas-Salvadó, Estefanía Toledo, Dolores Corella, Olga Castañer, Xiaohui Guo, Enrique Gómez-Gracia, José Lapetra, Fernando Arós, Miquel Fiol, Emili Ros, Lluis Serra-Majem, Xavier Pintó, Montserrat Fitó, Nancy Babio, Miguel A Martínez-González, Jose V Sorli, M Carmen López-Sabater, Ramón Estruch, Rosa M Lamuela-Raventós,

Study Type : Human Study
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Disease: Prevention : CK(3250) : AC(433) , Diabetes Mellitus: Type 2: Prevention : CK(651) : AC(86)
Additional Keywords : Risk Reduction : CK(6417) : AC(686)

The regular consumption of cocoa products containing flavanols may reduce risk of cardiovascular disease.

Pubmed Data : Asia Pac J Clin Nutr. 2008;17 Suppl 1:284-7. PMID: **18296357**

Article Published Date : Jan 01, 2008

Authors : John W Erdman, LeaAnn Carson, Catherine Kwik-Uribe, Ellen M Evans, Robin R Allen

Study Type : Human Study
Additional Links
Substances : Flavonoids : CK(1215) : AC(379)

Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Endothelial Dysfunction : CK(1210) : AC(237) , Hypertension : CK(2984) : AC(406)
Additional Keywords : Risk Reduction : CK(6417) : AC(686)

Oral administration of apigenin significantly reduced elevated levels of SASP and IκBζ mRNA in the kidneys of aged rats.

Pubmed Data : Biochem Pharmacol. 2015 Jun 17. Epub 2015 Jun 17. PMID: **26093063**

Article Published Date : Jun 16, 2015

Authors : Hyun Lim, Haeil Park, Hyun Pyo Kim

Study Type : Animal Study
Additional Links
Substances : Apigenin : CK(199) : AC(117) , Flavonoids : CK(1215) : AC(379) , Kaempferol : CK(50) : AC(36)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Inflammation : CK(3240) : AC(882)
Pharmacological Actions : Anti-Inflammatory Agents : CK(4861) : AC(1630) , MicroRNA modulator : CK(264) : AC(145), NF-kappaB Inhibitor : CK(1114) : AC(694)
Additional Keywords : Senescence-associated Secretory Phenotype : CK(2) : AC(1)

Blood pressure is reduced and insulin sensitivity increased in glucose-intolerant, hypertensive subjects after 15 days of consuming high-polyphenol dark chocolate.

Pubmed Data : J Nutr. 2008 Sep;138(9):1671-6. PMID: **18716168**

Article Published Date : Sep 01, 2008

Authors : Davide Grassi, Giovambattista Desideri, Stefano Necozione, Cristina Lippi, Raffaele Casale, Giuliana Properzi, Jeffrey B Blumberg, Claudio Ferri

Study Type : Human Study
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Hypertension : CK(2984) : AC(406) , Insulin Resistance : CK(1683) : AC(346)

Short-term cocoa consumption signficantly reduces blood cholesterol.

Pubmed Data : Am J Clin Nutr. 2010 Jul;92(1):218-25. Epub 2010 May 26. PMID: **20504978**

Article Published Date : Jul 01, 2010

Authors : Lei Jia, Xuan Liu, Yong Yi Bai, Shao Hua Li, Kai Sun, Chen He, Rutai Hui

Study Type : Human Study
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , High Cholesterol : CK(1774) : AC(271)
Pharmacological Actions : Anticholesteremic Agents : CK(1459) : AC(264)

People who preferentially consume high amounts of quercetin-containing foods have a reduced risk of thrombosis and potential CVD risk.

Pubmed Data : Br J Nutr. 2006 Sep ;96(3):482-8. PMID: **16925853**

Article Published Date : Aug 31, 2006

Authors : Gary P Hubbard, Siegfried Wolffram, Ric de Vos, Arnaud Bovy, Jonathan M Gibbins, Julie A Lovegrove

Study Type : Human Study
Additional Links
Substances : Flavonoids : CK(1215) : AC(379) , Onion : CK(235) : AC(57) , Quercetin : CK(568) : AC(250) , Soup : CK(20) : AC(2)
Diseases : Cardiovascular Disease: Prevention : CK(3250) : AC(433) , Cardiovascular Diseases : CK(7342) : AC(916), Thrombosis : CK(316) : AC(81)
Pharmacological Actions : Anti-thrombotic : CK(56) : AC(24) , Cardioprotective : CK(1596) : AC(409)

Consumption of high flavanol dark chocolate confers modest improvements in cardiovascular function.

Pubmed Data : Vascul Pharmacol. 2015 Aug ;71:70-8. Epub 2015 Apr 11. PMID: **25869509**

Article Published Date : Jul 31, 2015

Authors : Gurvinder Rull, Zetty N Mohd-Zain, Julian Shiel, Martina H Lundberg, David J Collier, Atholl Johnston, Timothy D Warner, Roger Corder

Study Type : Human Study
Additional Links
Substances : Chocolate : CK(681) : AC(98) , Cocoa : CK(753) : AC(105) , Flavonoids : CK(1215) : AC(379)
Diseases : Cardiovascular Disease: Prevention : CK(3250) : AC(433) , Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Cardiovascular Agents : CK(160) : AC(24)

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