GreenMedinfo™
Professional Edition

Focused Research Topics

Cardiovascular Disease: Prevention & Polyphenols

Study Types	Research Articles
Review	7
Human Study	10
Commentary	3
In Vitro Study	2

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.

Our technology pulls from the equivalent of 20,454+ years of scientific experimental labor years of scientific experimentation, analysis, and synthesis, and pulls results based on variables the user decides are relevant.

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

22 Research Articles in Total

A review of walnut polyphenols in health maintenance and disease prevention.

Pubmed Data : Crit Rev Food Sci Nutr. 2015 Dec 29:0. Epub 2015 Dec 29. PMID: **26713565**

Article Published Date : Dec 28, 2015

Authors : Claudia Sánchez-González, Maria Izquierdo-Pulido

Study Type : Review
Additional Links
Substances : Polyphenols : CK(931) : AC(335) , Walnut : CK(187) : AC(43)
Diseases : Cancers: All : CK(14773) : AC(4596) , Cardiovascular Diseases : CK(7342) : AC(916) , Neurodegenerative Diseases : CK(3582) : AC(932)
Pharmacological Actions : Anti-Inflammatory Agents : CK(4861) : AC(1630) , Antioxidants : CK(8430) : AC(3132)

H. sabdariffa extract improved metabolism, displayed potent anti-inflammatory and antioxidant activities, and significantly reduced blood pressure.

Pubmed Data : Mol Nutr Food Res. 2014 Jun ;58(6):1374-8. Epub 2014 Feb 24. PMID: **24668839**

Article Published Date : May 31, 2014

Authors : Jorge Joven, Isabel March, Eugenia Espinel, Salvador Fernández-Arroyo, Esther Rodríguez-Gallego, Gerard Aragonès, Raúl Beltrán-Debón, Carlos Alonso-Villaverde, Lidia Rios, Vicente Martin-Paredero, Javier A Menendez, Vicente Micol, Antonio Segura-Carretero, Jordi Camps

Study Type : Human Study

Additional Links
Substances : Hibiscus sabdariffa : CK(112) : AC(34), Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Endothelial Dysfunction : CK(1210) : AC(237) , Hypertension : CK(2984) : AC(406) , Metabolic Diseases : CK(411) : AC(75) , Oxidative Stress : CK(3871) : AC(1382)
Pharmacological Actions : Anti-Inflammatory Agents : CK(4861) : AC(1630) , Antihypertensive Agents : CK(1178) : AC(164), Antioxidants : CK(8430) : AC(3132)
Additional Keywords : Plant Extracts : CK(7645) : AC(2539) , Significant Treatment Outcome : CK(3038) : AC(366)

Oats contain more than 20 unique polyphenols with strong antioxidant activity.

Pubmed Data : Nutr Rev. 2009 Dec;67(12):731-5. PMID: **19941618**

Article Published Date : Dec 01, 2009

Authors : Mohsen Meydani

Study Type : Commentary
Additional Links
Substances : Oats : CK(318) : AC(49) , Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Anti-Inflammatory Agents : CK(4861) : AC(1630) , Antioxidants : CK(8430) : AC(3132)
Additional Keywords : Health Food : CK(8) : AC(8)

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)

Raspberry and black raspberry polyphenol extracts attenuate angiotensin II-induced senescence in vascular smooth muscle cells.

Pubmed Data : Food Funct. 2016 Oct 12 ;7(10):4175-4187. PMID: **27506987**

Article Published Date : Oct 11, 2016

Authors : Rafaela G Feresin, Jingwen Huang, DawnKylee S Klarich, Yitong Zhao, Shirin Pourafshar, Bahram H Arjmandi, Gloria Salazar

Study Type : In Vitro Study
Additional Links
Substances : Black Raspberry : CK(114) : AC(33) , Polyphenols : CK(931) : AC(335) , Raspberry : CK(37) : AC(23)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Antioxidants : CK(8430) : AC(3132) , Superoxide Dismutase Up-regulation : CK(530) : AC(174)
Additional Keywords : Plant Extracts : CK(7645) : AC(2539)

The additive and synergistic effects of phytochemicals in fruit and vegetables are responsible for their potent antioxidant and anticancer activities.

Pubmed Data : Am J Clin Nutr. 2003 Sep ;78(3 Suppl):517S-520S. PMID: **12936943**

Article Published Date : Aug 31, 2003

Authors : Rui Hai Liu

Study Type : Review
Additional Links
Substances : Fruit: All : CK(4608) : AC(976) , Polyphenols : CK(931) : AC(335) , Vegetables: All : CK(1092) : AC(118)
Diseases : Alzheimer's Disease : CK(1292) : AC(382) , Cancers: All : CK(14773) : AC(4596) , Cardiovascular

Diseases : CK(7342) : AC(916)
Pharmacological Actions : Anticarcinogenic Agents : CK(1099) : AC(519) , Antioxidants : CK(8430) : AC(3132), Cardioprotective : CK(1596) : AC(409)
Additional Keywords : Natural Substance Synergy : CK(540) : AC(249) , The Whole is Greater than the Parts : CK(1) : AC(1)

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)

This review aims to provide an overview of the links between oxidative stress, vascular inflammation, endothelial dysfunction and cardiovascular risk factors.

Pubmed Data : Vascul Pharmacol. 2015 Apr 11. Epub 2015 Apr 11. PMID: **25869516**

Article Published Date : Apr 10, 2015

Authors : Hawa N Siti, Y Kamisah, J Kamsiah

Study Type : Review
Additional Links
Substances : Antioxidants: Fat Soluble : CK(12) : AC(3) , Polyphenols : CK(931) : AC(335) , Vitamin C : CK(1957) : AC(404), Vitamin E : CK(1656) : AC(290)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Endothelial Dysfunction : CK(1210) : AC(237) , Inflammation : CK(3240) : AC(882)
Pharmacological Actions : Antioxidants : CK(8430) : AC(3132)

Consumption of polyphenols results in a significant improvement in an established marker of cardiovascular risk

in hypertensive participants.

Pubmed Data : Heart. 2016 May 10. Epub 2016 May 10. PMID: **27164919**

Article Published Date : May 09, 2016

Authors : Rebecca L Noad, Ciara Rooney, Damian McCall, Ian S Young, David McCance, Michelle C McKinley, Jayne V Woodside, Pascal P McKeown

Study Type : Human Study
Additional Links
Substances : Berries: All : CK(1904) : AC(501) , Chocolate : CK(681) : AC(98) , Fruit: All : CK(4608) : AC(976) , Polyphenols : CK(931) : AC(335) , Vegetables: All : CK(1092) : AC(118)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Hypertension : CK(2984) : AC(406)
Additional Keywords : Risk Reduction : CK(6417) : AC(686)

Evidence shows that certain polyphenols, such as flavonols can be helpful in decreasing CVD risk factors.

Pubmed Data : Nutrients. 2015;7(7):5177-5216. Epub 2015 Jun 29. PMID: **26132993**

Article Published Date : Dec 31, 2014

Authors : Oscar D Rangel-Huerta, Belen Pastor-Villaescusa, Concepcion M Aguilera, Angel Gil

Study Type : Review
Additional Links
Substances : Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Cardioprotective : CK(1596) : AC(409)
Additional Keywords : Risk Reduction : CK(6417) : AC(686)

Increases in dietary polyphenols are associated with decreased inflammatory biomarkers.

Pubmed Data : Br J Clin Pharmacol. 2016 Apr 21. Epub 2016 Apr 21. PMID: **27100393**

Article Published Date : Apr 20, 2016

Authors : Alexander Medina-Remón, Rosa Casas, Anna Tressserra-Rimbau, Emilio Ros, Miguel A Martínez-González, Montserrat Fitó, Dolores Corella, Jordi Salas-Salvadó, Rosa M Lamuela-Raventos, Ramón Estruch,

Study Type : Human Study
Additional Links
Substances : Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Hypertension : CK(2984) : AC(406) , Inflammation : CK(3240) : AC(882)
Therapeutic Actions : Dietary Modification: Mediterranean Diet : CK(662) : AC(76)
Pharmacological Actions : Anti-Inflammatory Agents : CK(4861) : AC(1630) , Antihypertensive Agents : CK(1178) : AC(164)
Additional Keywords : Dose Response : CK(1056) : AC(408) , 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)

A review concerning the potential matrix metalloproteinase inhibitors from edible marine algae.

Pubmed Data : Environ Toxicol Pharmacol. 2014 May ;37(3):1090-100. Epub 2014 Apr 18. PMID: **24780533**

Article Published Date : Apr 30, 2014

Authors : Noel Vinay Thomas, Panchanathan Manivasagan, Se-Kwon Kim

Study Type : Review
Additional Links
Substances : Algae : CK(41) : AC(18) , Polyphenols : CK(931) : AC(335) , Seaweed : CK(112) : AC(24)
Diseases : Cancers: All : CK(14773) : AC(4596) , Cardiovascular Diseases : CK(7342) : AC(916) , Inflammation : CK(3240) : AC(882) , Neurologic Disorders : CK(66) : AC(30)
Additional Keywords : Matrix Metalloproteinase Inhibitors : CK(1) : AC(1)

Results indicate a positive impact of regular chokeberry juice consumption on BP and lipid status in pharmacologically untreated hypertensive subjects.

Pubmed Data : J Med Food. 2015 May 14. Epub 2015 May 14. PMID: **25973889**

Article Published Date : May 13, 2015

Authors : Nevena Kardum, Branislav Milovanović, Katarina Šavikin, Gordana Zdunić, Slavica Mutavdžin, Tatjana Gligorijević, Slavica Spasić

Study Type : Human Study
Additional Links
Substances : Chokeberry : CK(171) : AC(47) , Polyphenols : CK(931) : AC(335)
Diseases : Blood Pressure: High : CK(2799) : AC(388) , Cardiovascular Diseases : CK(7342) : AC(916) , Hypertension : CK(2984) : AC(406) , Triglycerides: Elevated : CK(718) : AC(117)
Pharmacological Actions : Antihypertensive Agents : CK(1178) : AC(164) , Cardioprotective : CK(1596) : AC(409), Hypolipidemic : CK(1288) : AC(265)
Additional Keywords : Dietary Modification : CK(315) : AC(47) , Significant Treatment Outcome : CK(3038) : AC(366)

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)

Gazpacho soup consumption is associated with a lower prevalence of hypertension.

Pubmed Data : Nutr Metab Cardiovasc Dis. 2013 Oct ;23(10):944-52. Epub 2012 Nov 11. PMID: **23149074**

Article Published Date : Sep 30, 2013

Authors : A Medina-Remón, A Vallverdú-Queralt, S Arranz, E Ros, M A Martínez-González, E Sacanella, M I Covas, D Corella, J Salas-Salvadó, E Gómez-Gracia, V Ruiz-Gutiérrez, J Lapetra, M García-Valdueza, F Arós, G T Saez, L Serra-Majem, X Pinto, E Vinyoles, R Estruch, R M Lamuela-Raventos

Study Type : Human Study
Additional Links
Substances : Polyphenols : CK(931) : AC(335) , Soup : CK(20) : AC(2)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Hypertension : CK(2984) : AC(406)
Pharmacological Actions : Antihypertensive Agents : CK(1178) : AC(164)
Additional Keywords : Natural Substance Synergy : CK(540) : AC(249)

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)

Epigenetic control of cardiovascular health by nutritional polyphenols involves multiple chromatin-modifying writer-reader-eraser proteins.

Pubmed Data : Curr Top Med Chem. 2016 ;16(7):788-806. PMID: **26303416**

Article Published Date : Dec 31, 2015

Authors : Ken Declerck, Katarzyna Szarc Vel Szic, Ajay Palagani, Karen Heyninck, Guy Haegeman, Christine Morand, Dragan Milenkovic, Wim Vanden Berghe

Study Type : Review
Additional Links
Substances : Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Disease: Prevention : CK(3250) : AC(433) , Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Cardioprotective : CK(1596) : AC(409)
Additional Keywords : DNA Methylation : CK(104) : AC(25) , Epigenetic Modification : CK(220) : AC(90)

This review to summarize the findings of cocoa and chocolate on blood pressure and vascular function.

Pubmed Data : Front Nutr. 2017 ;4:36. Epub 2017 Aug 2. PMID: **28824916**

Article Published Date : Dec 31, 2016

Authors : Valeria Ludovici, Jens Barthelmes, Matthias P Nägele, Frank Enseleit, Claudio Ferri, Andreas J Flammer, Frank Ruschitzka, Isabella Sudano

Study Type : Review
Additional Links
Substances : Cocoa : CK(753) : AC(105) , Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Antihypertensive Agents : CK(1178) : AC(164) , Cardioprotective : CK(1596) : AC(409)

Lignin-derived oak phenolics, although found in small concentrations, may contribute to the beneficial antioxidant, chemopreventive, and cardioprotective effects of red wine.

Pubmed Data : J Mol Model. 2010 Nov 16. Epub 2010 Nov 16. PMID: 21080014

Article Published Date : Nov 16, 2010

Authors : William N Setzer

Study Type : In Vitro Study
Additional Links
Substances : Lignans : CK(169) : AC(46) , Oak : CK(5) : AC(4) , Polyphenols : CK(931) : AC(335) , Red Wine Extract : CK(114) : AC(32), Wine : CK(197) : AC(44)
Diseases : Cancers: All : CK(14773) : AC(4596) , Cardiovascular Diseases : CK(7342) : AC(916)
Pharmacological Actions : Chemopreventive : CK(2835) : AC(787)

This study shows direct and indirect associations with lipid molecular species and clinical variables of interest in the evaluation of the metabolic syndrome after diets naturally rich in polyphenols.

Pubmed Data : Mol Nutr Food Res. 2014 Sep ;58(9):1873-82. Epub 2014 Jun 24. PMID: 24961394

Article Published Date : Aug 31, 2014

Authors : Isabel Bondia-Pons, Päivi Pöhö, Lutgarda Bozzetto, Claudia Vetrani, Lidia Patti, Anna-Marja Aura, Giovanni Annuzzi, Tuulia Hyötyläinen, Angela Albarosa Rivellese, Matej Orešič

Study Type : Human Study
Additional Links
Substances : Omega-3 Fatty Acids : CK(4090) : AC(396) , Polyphenols : CK(931) : AC(335)
Diseases : Cardiovascular Diseases : CK(7342) : AC(916) , Metabolic Diseases : CK(411) : AC(75) , Obesity: Abdominal : CK(458) : AC(66)
Additional Keywords : Dietary Modification : CK(315) : AC(47)
