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Purple Grape Juice

National Cancer Institute

Source

National Cancer Institute. *Purple Grape Juice*. NCI Thesaurus. Code C90536.

Juice made from dark, purple grapes that contain polyphenols with antioxidant and potential cardiovascular protecting activities. Purple grape juice contains high amounts of flavonoids that may increase antioxidant activity and reduce oxidative stress, reduce low-density lipoprotein (LDL), and improve nitric oxide formation, endothelial function and vasodilation.