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""Calculation of Results""; ""Cell Death Index (CDI)""; ""Quantum  
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## Sommario/riassunto

Flavonoids, also referred to as bioflavonoids, are polyphenol  
 antioxidants found naturally in plants. They are secondary metabolites,  
 meaning they are organic compounds that have no direct involvement  
 with the growth or development of plants. Flavonoids are plant  
 nutrients that when consumed in the form of fruits and vegetables are  
 non-toxic as well as potentially beneficial to the human body.  
 Flavonoids are widely disbursed throughout plants and are what give  
 the flowers and fruits of many plants their vibrant colours. They also  
 play a role in protecting the plants from microbe and insect attacks.  
 More importantly, the consumption of foods containing flavonoids has  
 been linked to numerous health benefits. Though research shows  
 flavonoids alone provide minimal antioxidant benefit due to slow  
 absorption by the body, there is indication that they biologically trigger  
 the production of natural enzymes that fight disease. Recent research  
 indicates that flavonoids can be nutritionally helpful by triggering  
 enzymes that reduce the risk of certain cancers, heart disease, and  
 age-related degenerative diseases. Some research also indicates  
 flavonoids may help prevent tooth decay and reduce the occurrence of  
 common ailments such as the flu. These potential health benefits,  
 many of which have been proven, have become of particular interest to  
 consumers and food manufacturers. Foods that contain high amounts  
 of flavonoids include blueberries, red beans, cranberries, and  
 blackberries. Many other foods, including red and yellow fruits and  
 vegetables and some nuts, also contain flavonoids. Red wine and  
 certain teas also are rich in flavonoids.