



## Benefits of Fruit Intake on Cardiovascular Health

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### **Message from the Guest Editors**

Fruits are rich in nutrients and bioactive compounds that contribute to cardiovascular health. However, the molecular mechanisms of action are complex and only partially studied. Additionally, while the inter-individual variability in effects has been identified, it is not yet fully understood. Moreover, the bidirectional interaction between fruit consumption and the gut microbiome significantly impacts vascular function and cardiovascular health but requires more in-depth study.

To this end, this Special Issue serves as a forum for sharing the latest research on the role of regular consumption of recommended amounts of fruits in maintaining and improving vascular function and cardiovascular health. We welcome original research manuscripts, including both human intervention and relevant experimental studies, as well as reviews addressing various aspects of the role of fruit in vascular function and cardiovascular health. Studies proposing strategies to increase fruit consumption among the general population and specific high-risk groups, with the aim of improving cardiovascular health, are also welcome.





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