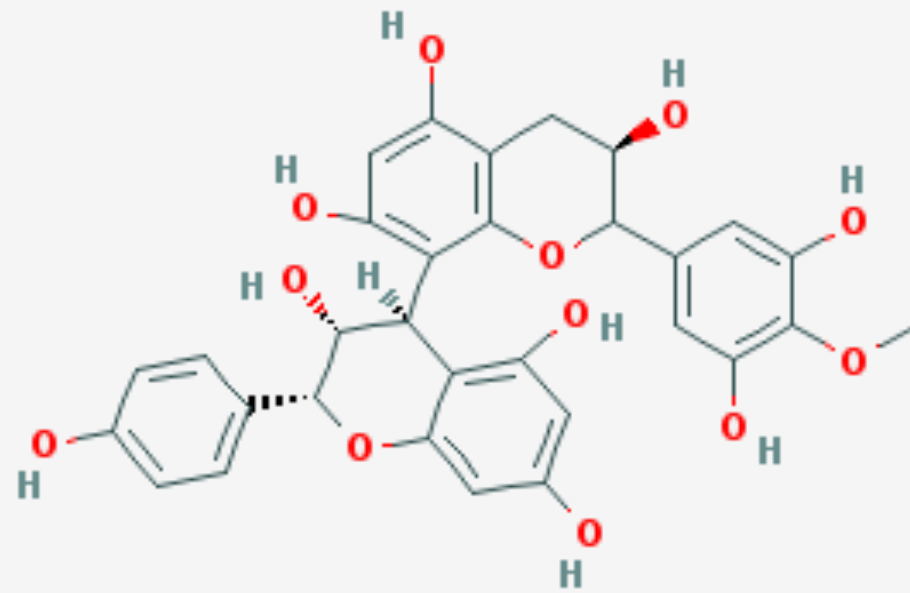


Molecule Monday

STRUCTURE

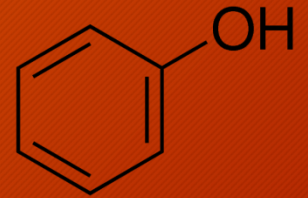


NAMES & FORMULA

- IUPAC Name: (3R)-2-(3,5-dihydroxy-4-methoxyphenyl)-8-[(2R,3R,4R)-3,5,7-trihydroxy-2-(4-hydroxyphenyl)-3,4-dihydro-2H-chromen-4-yl]-3,4-dihydro-2H-chromene-3,5,7-triol
- polyhydroxyflavan-3-ol
- proanthocyanidin
- Zangrado
- Anthocyanidin Polymers
- Condensed Tannin
- $C_{31}H_{28}O_{12}$

Uses

- Class of polyphenols found in plants
- Produced by plants to provide defense against environmental stresses
- are “antioxidant” compounds that may provide health benefits against chronic human illnesses and aging
- Flavonoid polyphenols protect against effects of cardiovascular disease
- can “absorb” harmful free radicals and chelate pro-oxidant metal ions.
- Many also modulate cellular biochemical reactions and expression of genes and proteins associated with oxidative stress and inflammation
- Antimicrobial: Combat common infections & pathogens
- Anticancer: Prevent colon and prostate cancers
- Antioxidant: Protect brain, cardiovascular system



PROANTHOCYANIDIN

