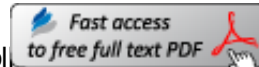


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Molecular Properties of Red Wine Compounds and Cardiometabolic Benefits.

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Abstract

Wine has been used since the dawn of human civilization. Despite many health benefits, there is still a lot of discussion about the real properties of its components and its actions on cells and molecular interactions. A large part of these issues permeate the fine line between the amount of alcohol that causes problems to organic systems and the amount that could be beneficial for the health. However, even after the process of fermentation, wine conserves different organic compounds from grapes, such as polysaccharides, acids, and phenolic compounds, such as flavonoids and nonflavonoids. These substances have known anti-inflammatory and antioxidant capacities, and are considered as regulatory agents in cardiometabolic process. In this study, the main chemical components present in the wine, its interaction with molecules and biological mechanisms, and their interference with intra- and extracellular signaling are reviewed. Finally, the properties of wine that may benefit cardiovascular system are also revised.

KEYWORDS: cardiovascular system; ethanol; flavonoids; winePMID: 27512338 PMID: [PMC4973766](#) DOI: [10.4137/NMI.S32909](#)[PubMed] [Free PMC Article](#)**Images from this publication.** [See all images](#)(1) [Free text](#)**Publication Types****LinkOut - more resources****PubMed Commons**[PubMed Commons home](#)

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