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Review Article

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Potential Protective Effect of Cocoa Flavanols in Type 2 Diabetes: A Systematic Literature Review of Human Studies

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Author(s): Díaz López Cristina*

Objective: This systematic review aims to critically evaluate existing human epidemiological and intervention studies investigating the potential protective effects of cocoa flavanols against Type 2 Diabetes Mellitus (T2DM). Methods: A systematic literature search was conducted using PubMed, Science Direct, and Web of Science databases, covering the period of the las ...

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