

## INTRODUCTION

Wine is an alcoholic beverage made from the fermentation of grape must (*Vitis vinifera*). Polyphenols are the most abundant antioxidants in the human diet [1] and red wine contains the highest amount of polyphenols, which come from its skin [2].

Abundant epidemiological studies indicate that some polyphenols, such as resveratrol, have a protective effect against cardiovascular disease [3], thanks to its antioxidant, antiatherosclerotic, antiplatelet, antithrombogenic and anti-inflammatory properties [4]. Although there are some authors who have concluded that low alcohol consumption does not exert net benefits on mortality in humans, by comparing lifetime abstinence and moderate alcohol consumption [5].

## OBJECTIVES

- Study whether moderate wine consumption is beneficial to human health.
- Discover which components of wine have a positive effect on humans, and which may have a negative effect.
- Identify which of the three types of wine, red, rosé or white, is more beneficial to health.

## METHODOLOGY

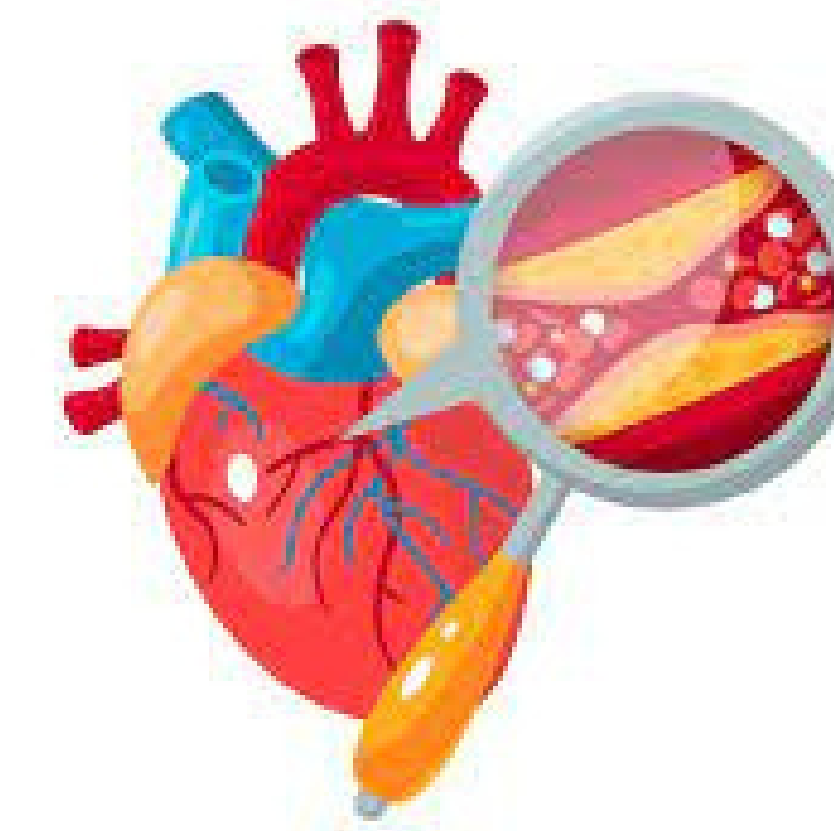
- Bibliographic research --> Pubmed, Scopus, Mendeley, Scielo
- Key words: wine + health, wine + cancer, wine + French paradox, wine + cardiovascular disease, wine + active components, wine + negative effects, wine + diabetis, wine + cognitive health

## CONCLUSIONS

Red wine has the most positive effects because it is the variety with most polyphenols.

The compounds with the greatest health benefits are resveratrol, followed by procyanidins and proanthocyanidins, Whereas ethanol or tannins have detrimental effects.

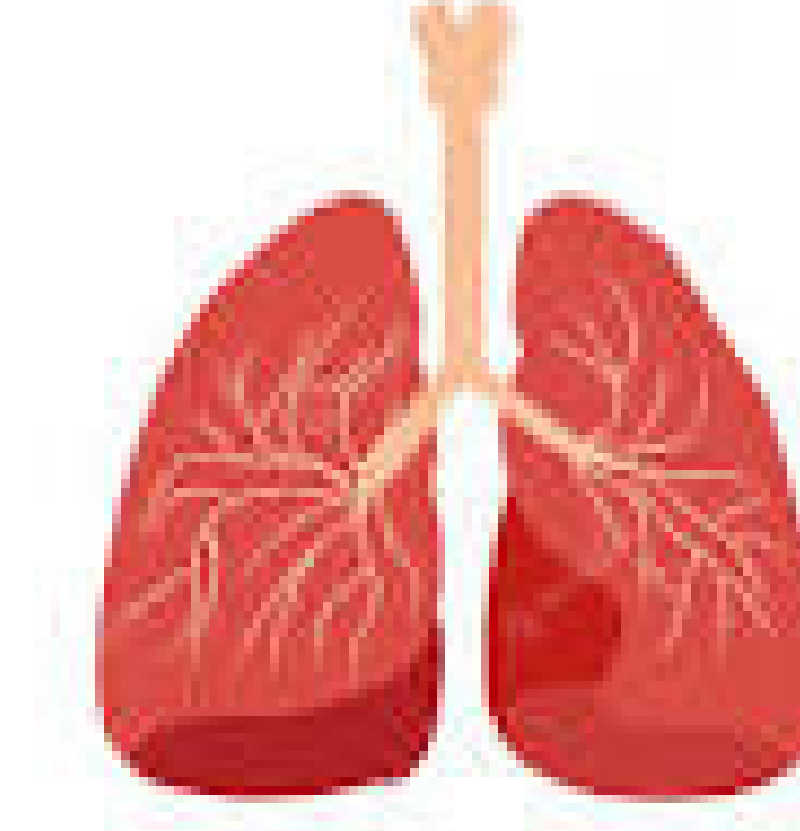
There is insufficient evidence to affirm that moderate wine consumption is beneficial.



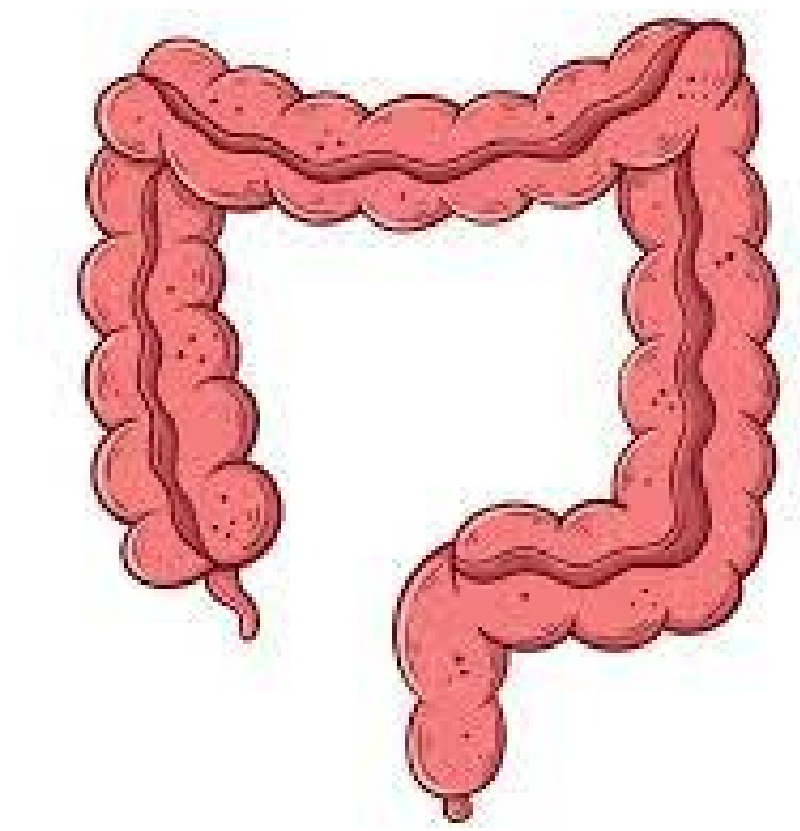
**ATHEROSCLEROSIS**



**BREAST CANCER**



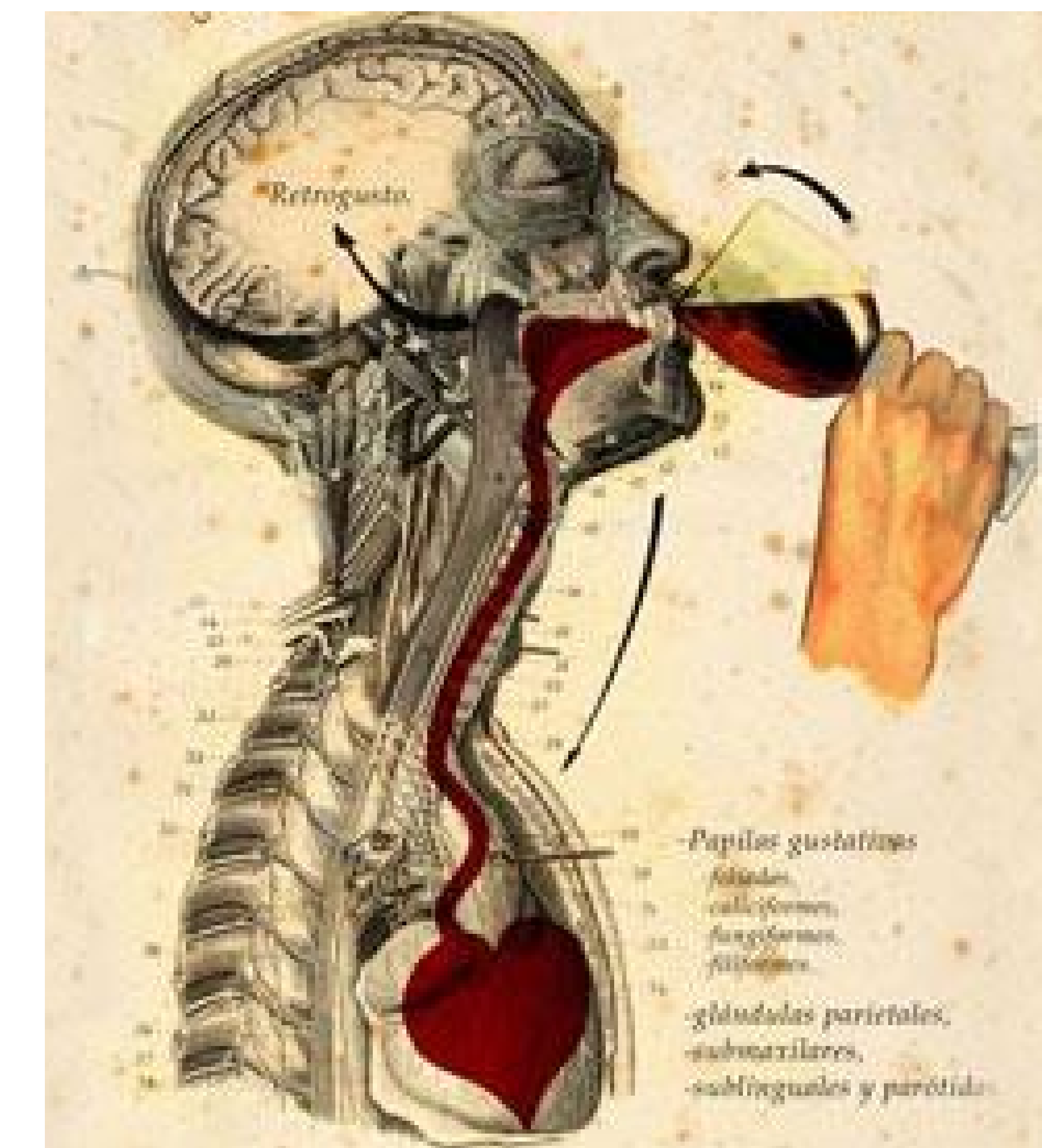
**LUNG CANCER**



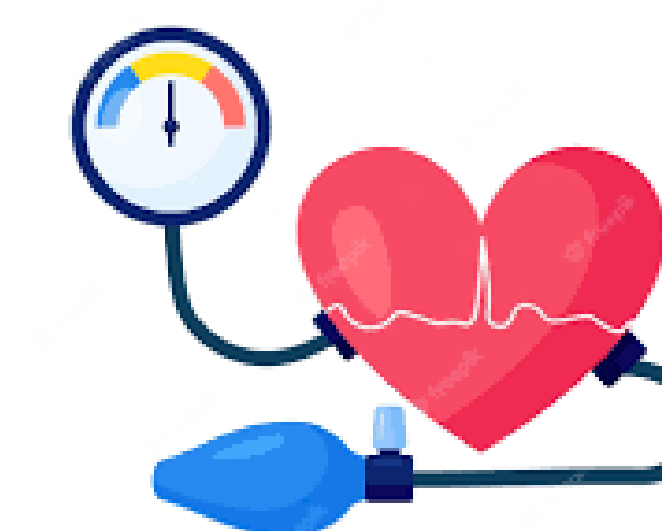
**COLON CANCER**



**ORAL CAVITY**



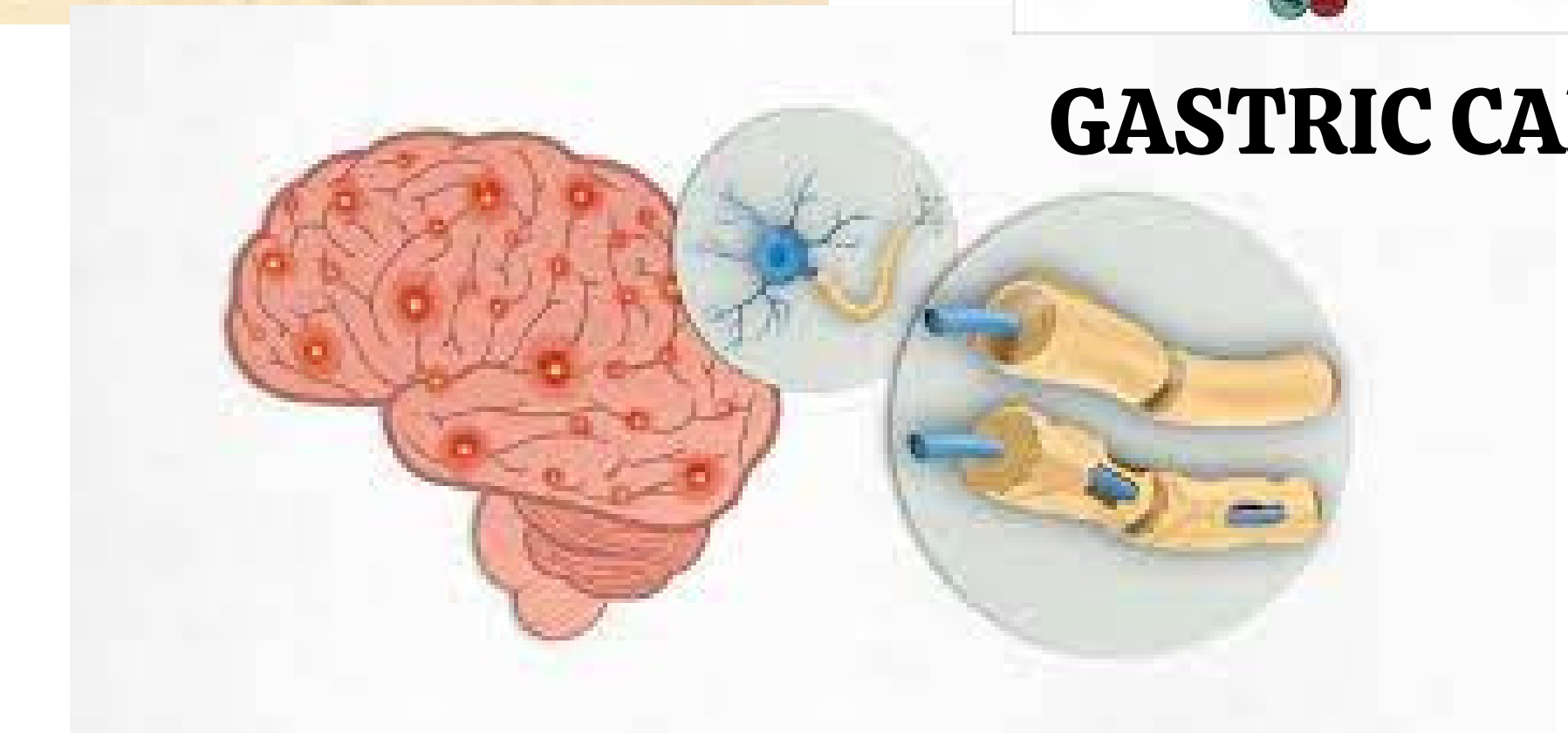
**COGNITIVE HEALTH**



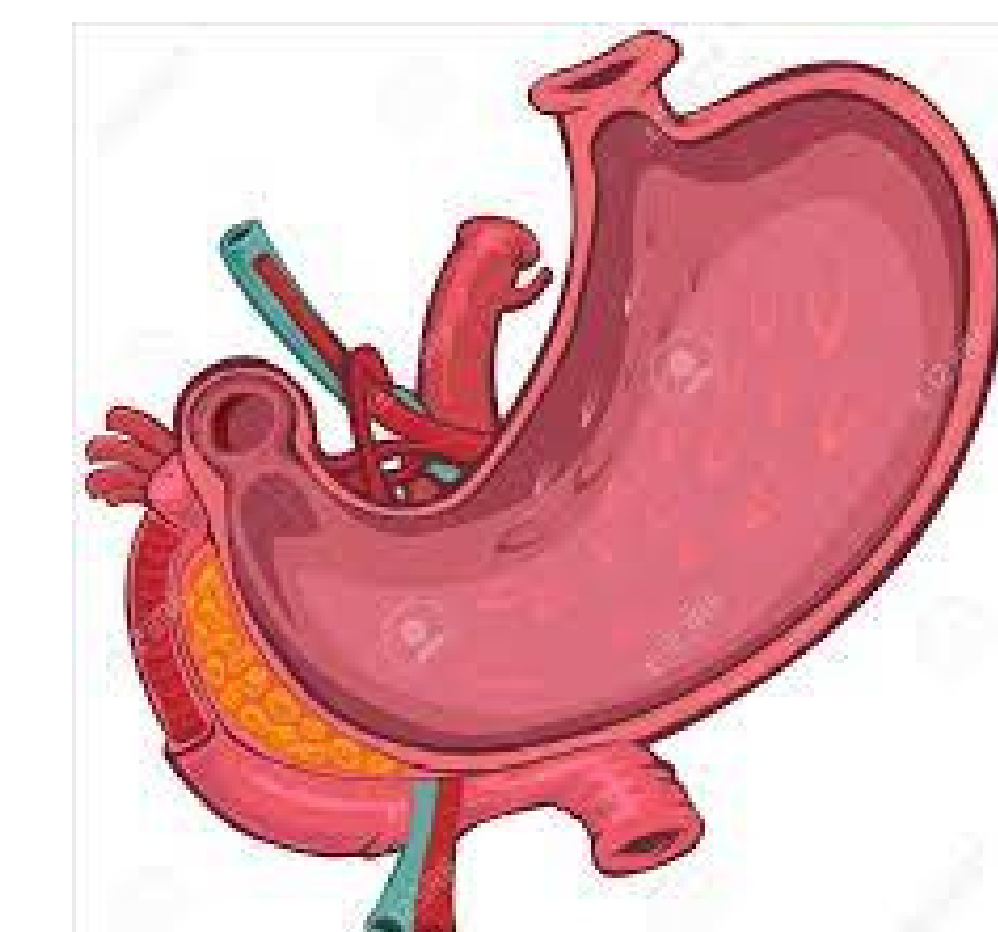
**BLOOD PRESSURE**



**PROSTATE CANCER**



**MULTIPLE SCLEROSIS**



**GASTRIC CANCER**



**DIABETES**

**Figure 1. Represents the consumption of wine and its different effects on health [6]**

## REFERENCES

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