

Erratum to: Polyphenols and Performance: A Systematic Review and Meta-Analysis

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Published online: 22 February 2017
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Erratum to: Sports Med DOI 10.1007/s40279-017-0675-5

Page 8, column 1, section 4, paragraph 4, lines 4–8: The following sentence, which previously read:

“The average intake of polyphenols in studies included in the meta-analysis was 688 mg·day⁻¹, which equates to a dietary intake of approximately 200 g of dark chocolate, 250 ml of green tea and 300 mg of mixed berries (black-currant, strawberry and blackberry) [60].”

should read:

“The average intake of polyphenols in studies included in the meta-analysis was 688 mg·day⁻¹, which equates to a dietary intake of approximately 200 g of dark chocolate, 250 ml of green tea and 300 g of mixed berries (black-currant, strawberry and blackberry) [60].”

The online version of the original article can be found under doi:[10.1007/s40279-017-0675-5](https://doi.org/10.1007/s40279-017-0675-5).

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