



## Bioactive Phytochemicals: Extraction and Health Benefits

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### Message from the Guest Editor

Dear Colleagues,

Bioactive phytochemicals are naturally occurring compounds found in plants that have the potential to promote health and prevent disease. These compounds are known for their diverse biological activities, such as antioxidant, anti-inflammatory, and anticancer properties. Some examples of bioactive phytochemicals include flavonoids, carotenoids, and phenolic acids. These compounds are typically found in fruits, vegetables, and whole grains, and their consumption has been associated with a reduced risk of chronic diseases such as heart disease, cancer, and diabetes. Bioactive phytochemicals are a promising area of research for the development of natural products and supplements to support human health.

Dr. Mohamed Ali Ibrahim  
*Guest Editor*





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## Message from the Editor-in-Chief

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