



## Catechins: From Biosynthesis to Health Benefits

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### Message from the Guest Editors

Catechins are a family of natural polyphenols that can be found in fruits, vegetables and, most remarkably, in green tea. The number of scientific publications on catechins is constantly increasing, indicating an increasing attention from the scientific community in these compounds. What strikes scientists is the wide range of potential health benefits, which have been demonstrated in many fields, and the many potential technological applications that are open to implementation. In this Special Issue entitled “Catechins: From Biosynthesis to Health Benefits”, we will collect scientific contributions addressing their biosynthesis, metabolism, biological effects, and promising results in the prevention of many diseases, as well as the potential for applications and innovation in various fields related to human health and nutrition.

- catechins
- green tea extract
- EGCG
- technological applications
- bioavailability
- health benefits
- cell signaling pathways
- chemoprevention
- clinical trials
- dietary supplement





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## Message from the Editor-in-Chief

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