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Health Benefits of Dietary Bioactives

Guest Editor:

Dr. Per Bendix Jeppesen

Department of Clinical Medicine,
Aarhus University Hospital,
Aarhus University, Palle-Juul-
Jensens 165, DK-8250 Aarhus,
Denmark

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Message from the Guest Editor

Phytochemicals and their metabolites are likely particularly important when it comes to improving human health status in relation to welfare disease. Over and above plant-derived components such as macro- and micro-nutrients, bioactive phytochemicals are further demonstrated to exert health beneficial effects. Compounds such as phenols, terpenes, phytosterols, and thiols are important for the prevention of chronic welfare diseases. The physiological effects of phytochemicals are influenced by microbiota and may in turn affect the gastro-intestinal microbiome. This issue aims to publish high-quality scientific papers investigating the effects of these bioactive plant compounds on human health, with a particular focus on clinical research investigating effects on welfare diseases, such as but not limited to type 2 diabetes and cardiovascular diseases. We will consider in vitro, in vivo, and human intervention studies, as well as reviews, systematics reviews, and meta-analyses.



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Insular Materno Infantil (CHUIMI),
Canarian Health Service, 35016
Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
USA

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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