



Antioxidants in Foods II

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Message from the Guest Editors

After the great reception of the Special Issue “Antioxidants in Foods”, we are encouraged to propose a second part with the aim of showing the high and continuous interest of the research community for this relevant and fascinating topic.

A large body of scientific evidence supports the health benefits of diets based on foods containing ingredients with antioxidant and anti-inflammatory activities. The antioxidants in foods may act directly, quenching ROS or chelating metal ions to prevent ROS formation, or trace elements, or indirectly, by inducing Nrf2 and cytoprotective enzymes. However, concerning these compounds, the “antioxidant paradox” exists, because depending on doses and biological context, many antioxidants may, in turn, produce ROS and induce toxicity. On the other hand, the health effect of antioxidants depends on their bioavailability.

In addition, essential nowadays, antioxidants in food science also play a critical role in preserving the quality and the shelf life of foods.

In this second part of the Special Issue, original research papers or review articles focusing on any of the different aspects of antioxidants in foods are welcome.





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Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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