



Antioxidant and Anti-inflammatory Components of the Diet

Guest Editor:

Prof. Dr. Rosita Gabbianelli

Unit of Molecular Biology and
Nutrigenomics, School of
Pharmacy, University of
Camerino, Via Gentile III da
Varano, 62032 Camerino, Italy

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Message from the Guest Editor

In addition to macro- and micro-nutrients, food contains several bioactive compounds with antioxidant and anti-inflammatory properties which work by activating the Nrf2/ARE pathway, which modulates the gene expression of antioxidant and detoxifying enzymes. Furthermore, plant-based foods are able to stimulate anti-inflammatory responses by inhibiting the NFkB pathway. Moreover, plant-based foods contain fibers which are metabolized by the gut microbiota, producing secondary metabolites that can promote local and systemic anti-inflammatory responses.

This Special Issue will include research papers and reviews on in vitro and in vivo studies aimed at improving knowledge of the molecular mechanisms associated with the antioxidant and anti-inflammatory components of the diet, to better characterize their synergistic role and capacity to protect cells from damage due to free radicals and pro-inflammatory stimuli.





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Editor-in-Chief

**Prof. Dr. Alessandra
Napolitano**

Department of Chemical
Sciences, University of Naples
"Federico II", Via Cintia 4, I-80126
Naples, Italy

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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Antioxidants Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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