



Dietary Antioxidants in Mediterranean Diet

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Message from the Guest Editors

Extensive epidemiological, clinical, and experimental data associate the Mediterranean diet with protection against chronic diseases and increased longevity. Since oxidative stress has been linked with numerous pathological conditions, it is proposed that the beneficial effects of the Mediterranean diet are due to the wide variety of dietary antioxidants, such as vitamins C and E, carotenoids, (poly)phenols, and minerals, that it provides. Consequently, several molecular mechanisms of action of dietary antioxidants have been proposed in an attempt to shed some light on the preventive effect of the Mediterranean diet.

Contributions to this Special Issue may cover all research aspects related to the characterization of antioxidant compositions of Mediterranean plant foods, the bioavailability and bioaccessibility of dietary antioxidants, in vitro and in vivo methods for the assessment of antioxidant potency of the Mediterranean diet's components, state-of-the-art techniques to determine the contribution of dietary compounds to antioxidant intake, and the mechanisms of action of dietary antioxidants in disease prevention.





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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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