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## Dietary Antioxidants and Brain Health: Focus on Cognitive and Affective Disorders

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### Message from the Guest Editors

Dietary antioxidants derived from plant-based foods have been demonstrated to decrease the risk of numerous chronic diseases, including cardiovascular diseases, diabetes, and cancer. Interestingly, dietary antioxidants have recently been hypothesized to affect mental health through the modulation of circadian rhythm, gut microbiota, and systemic inflammation.

This Special Issue will focus on both observational and molecular studies investigating the effect of antioxidant molecules as well as antioxidant-rich foods and dietary patterns toward mental health. Moreover, the Special Issue will welcome reviews and studies providing evidence of the effect of antioxidant factors on cognitive function, depression, sleep patterns, stress, and quality of life.



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# Special Issue



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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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