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Antioxidant Compounds in Functional Foods and Their Benefits for Human Health

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Deadline for manuscript submissions:

20 August 2024

Message from the Guest Editors

The Special Issue “Antioxidant Compounds in Functional Foods and Their Benefits for Human Health” is a collection of research articles and review papers that explore the role of antioxidant compounds in functional foods and their potential benefits for human health. Antioxidants are compounds that can help to protect the body from damage caused by harmful molecules known as free radicals, which can contribute to the development of chronic diseases. Functional foods are foods that have been shown to provide health benefits beyond basic nutrition, often due to their high levels of bioactive compounds. This Special Issue aims to gather the latest research on antioxidant compounds in functional foods, including their sources, mechanisms of action, and potential health benefits. As well as covering a wide range of topics related to antioxidant compounds in functional foods, including their role in preventing chronic diseases, their potential as anti-inflammatory agents, and their impact on cognitive function. We welcome outstanding scientific researchers to provide high-quality manuscripts around antioxidant compounds in functional foods.



mdpi.com/si/170831

Special Issue



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Message from the Editor-in-Chief

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