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## The Apprehension of Phenolic Compounds and Delivery of Health Properties through Fermented Food Products

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### Message from the Guest Editors

There has been an increase interest in the production of functional foods, aiming at the delivery of specific health benefits. However, the understanding of the exhibited functionality and health benefits delivery is crucial. In this frame, the increase in the antioxidant activity of various fermented products is interweaved with enhanced health properties. In this frame, phenolic compounds comprise a paramount category of bioactive antioxidant compounds leading to the prevention of oxidative damage associated with chronic disease and frustration of various free radicals. However, many of them have to be transformed, in order to exhibit their antioxidant properties. Fermentation can potentially convert the conjugated forms of phenolic compounds into their free forms and lead to ameliorated health-linked functionality. In particular, a well designated fermentation with proper microorganisms can lead to the production of free aglycones forms of the phenolic compounds, which exhibit higher antioxidative activity compared to their corresponding glycosides. At the same time, various produced metabolites seem to enhance the nutritional value of the fermented food products.



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**Special** Issue



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## Message from the Editor-in-Chief

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