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Effects of Dietary (Poly)phenols on Metabolic Pathways and Functional Biomarkers: From Preclinical Models to Human Studies

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Message from the Guest Editors

Phenolic compounds are plant secondary metabolites that can occur in high concentrations in some dietary sources. Their role as components, partly responsible for the protective effects of a fruit- and vegetable-rich diet, has become an increasingly important area of human nutrition research.

Among the different health benefits exerted by (poly)phenols, most studies have demonstrated the importance of a potential protective role in the context of cardiovascular diseases, diabetes, neurodegenerative disorders, and cancer. Specifically, antioxidant activity, the suppression of inflammation, the regulation of vascular endothelial function, the modulation of the immune system, and the restoration of the mitochondrial function represent just some of the mechanisms of action through which (poly)phenols exert their effects.

The editors of this Special Issue invite researchers to contribute original research articles and review articles on the beneficial effects of (poly)phenols, helping to improve the knowledge in this area, either from in vitro, animal models, or clinical trials.



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Special Issue



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Message from the Editor-in-Chief

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