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Beneficial Effects of Phenolic Compounds on Gut Microbiota and Metabolic Syndrome

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Message from the Guest Editors

The gut microbiota is an important contributor to human health and has been implicated in the development of obesity and obesity-related diseases such as MetS. Dietary intervention has been proven to be a good strategy for improving chronic metabolic diseases, and polyphenols such as curcumin, anthocyanins, proanthocyanidin, and tea polyphenols have been found to prevent both obesity and improve MetS in humans and animal models. It has been proven that polyphenols exhibit their anti-obesity abilities partially by inhibiting the digestion and absorption of fat and glucose, by inhibiting adipogenesis, by altering microbiome populations, and so on. However, there are still many questions that need to be cleared. For example, what are the effects of microorganisms that colonize the human gut on the digestion and absorption of dietary polyphenols (PPs)? How do dietary polyphenols regulate gut microbiota? Additionally, work needs to be done on the mining and research of new dietary polyphenol resources. This Special Issue is therefore open to all contributions aimed at investigating the beneficial effects of phenolic compounds on gut microbiota and metabolic syndrome.



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Special Issue



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Message from the Editor-in-Chief

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