



Phytochemicals in the Diet: Health Implications, Safety Issues, and Molecular Mechanisms

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Message from the Guest Editors

This Special Issue seeks to collect state-of-the-art original research focusing on the implications of phytochemicals in the diet, including clinical, epidemiological, in vivo, and in vitro studies underlining the impact of phytochemicals on health and disease. As our knowledge about phytochemicals is continuously progressing, this Special Issue will collect the most updated insights into the effects of dietary phytochemicals on health. We welcome your contributions in the form of original research articles, reviews, short communications, systematic reviews, or meta-analyses covering topics such as:

- Beneficial and adverse effects of dietary phytochemicals;
- Phytochemicals as a nutraceutical for the prevention of disease;
- Toxicology and safety aspects of the consumption of specific phytochemicals;
- Absorption, biotransformation, and metabolism of phytochemicals;
- Molecular mechanisms of the action of different phytochemicals;
- Trends in the consumption of phytochemicals as nutraceuticals and functional foods;
- Extraction and analysis of phytochemicals in food and biological samples.





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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards.

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