



Bioactive Food Compounds in Prevention and Treatment Non-Communicable Diseases

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Message from the Guest Editor

Dear Colleagues,

Bioactive, non-nutrient food compounds have been studied by scientists around the world for many years, and many have been shown to improve human health. These include dietary fibre, polyphenols and sulphur compounds, among others. Polyphenols and sulphur compounds have strong antioxidant properties, which is why they reduce oxidative stress and subsequently inflammation, and can inhibit tissue cell damage and the development of chronic non-communicable diseases. The mechanism of action of bioactive compounds is often not fully understood because they act in many ways. It is important to understand how they work at the cellular level. This is very important to understand the mechanism of action of these substances as well as the recommended daily intake. These findings may help in the prevention and treatment of non-communicable diseases.

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Guest Editor





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Message from the Editor-in-Chief

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