



Superfoods and Longevity

Guest Editor:

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Message from the Guest Editor

Cardiovascular disease and cancer are the leading causes of death. Factors that can reduce occurrence of these diseases could contribute to important improvements in longevity. While oxidative stress promotes ageing and related chronic diseases, a diet enriched in fruits, vegetables, and their processed products is known to be protective against oxidative stress, reducing the incidences of chronic diseases. The polyphenols in the diet are the most powerful natural antioxidants. They reduce the level of oxygen free radicals and therefore increase the bioavailability of nitric oxide and in turn increase endothelium-dependent vasodilation, with improvement of blood perfusion to organs, and prevention of chronic diseases.

This Special Issue will include a selection of original articles and reviews aimed at expanding our awareness of the progress in the knowledge of the super foods acting as antioxidants, reducing oxidative stress and oxidant enzymes, and providing protection from deleterious reactive oxygen species.





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Message from the Editor-in-Chief

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