



## **Polyphenols and Polyphenol-Rich Foods in Neurodegenerative Disorder**

Guest Editors:

**Dr. Justyna Godos**

Department of Biomedical and Biotechnological Sciences, University of Catania, Catania, Italy

**Dr. Agnieszka Micek**

Department of Nursing Management and Epidemiology Nursing, Jagiellonian University Medical College, 31-007 Cracow, Poland

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### **Message from the Guest Editors**

The global burden of neurodegenerative disorders is rising, and current research is focusing on the exploration of the basic pathology of neurodegenerative diseases to develop a disease-modifying therapy or a cure. Meanwhile, a great deal of attention has been paid to modifiable risk factors, including social, environmental, and dietary risk factors which possibly could be implicated in the prevention of neurodegenerative disorders. Among dietary factors, adherence to traditional plant-based dietary patterns characterized by high intake of bioactive nutrients such as polyphenols has been shown to exert favorable effects toward brain health.

Therefore, the aim of this Special Issue is to increase and summarize evidence on the effects of polyphenols and polyphenol-rich foods toward neurodegenerative disorders. Both observational and molecular studies, as well as reviews of published literature exploring and summarizing the effect of polyphenol-rich foods, individual polyphenols, and their metabolites toward neurodegenerative disorders, and related outcomes such as sleep will be welcome.





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## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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