



## Sensory Nutrition and Health Impact on Metabolic and Brain Disorders

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Deadline for manuscript  
submissions:

**15 December 2024**

### Message from the Guest Editor

The interplay between sensory nutrients has gained considerable attention for enhancing stress resilience in health and disease. Sensory nutrition, including food extracts, polyphenols and bioavailable polyphenol-combined nanoparticles, as well as vitamin C, vitamin E, vitamin D and omega-3 fatty acids, have shown to improve blood–brain barrier (BBB) permeability, intestinal epithelial barrier (IEB) and blood renal barrier (BRB) homeostasis and ultimately brain function, thus inhibiting oxidative stress, inflammation and neurotoxicity linked to the pathogenesis of metabolic and nervous system disorders. This Special Issue aims to collect original research and review articles focused on sensory nutrition targeting several cellular and molecular pathways to regulate impaired tight junctions and epigenetic alterations, and explore the underlying mechanisms using innovative in vitro and in vivo technologies for the development of promising protective strategies and precision and personalized nutritional therapies in order to prevent or attenuate oxidative stress, apoptosis and inflammation, and subsequently promote human health.





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