



## Effects of Phytochemicals on Human Health

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Deadline for manuscript  
submissions:

**15 August 2024**

### Message from the Guest Editor

Dear Colleagues,

Phytochemicals, in which “phyto” means “plant” in Greek, are secondary metabolites produced by living plants to protect themselves against environmental hazards. Increasing study demonstrated that phytochemicals provide considerable beneficial effects in many ways. For example, phytochemicals could serve as cofactors or inhibitors of enzymatic reactions, substrates for biochemical reactions, scavengers of reactive or toxic chemicals and growth factors for beneficial gastrointestinal bacteria. Some phytochemicals showed anticancer properties through reducing inflammation and blocking compounds from becoming carcinogens. In addition, certain phytochemicals can decrease oxidative damage to prevent various chronic diseases. In this context, a Special Issue summarizing recent advancement that focus on the relationship of phytochemicals with human health would be very interesting to the readers.

This Special Issue will provide new insights towards the understanding of the role of dietary phytochemical in human health. I encourage authors to submit their original research on this attractive topic.





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