



## Dietary Antioxidants for Human Health

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Deadline for manuscript  
submissions:

**closed (31 July 2020)**

### Message from the Guest Editor

Dear Colleagues,

Several epidemiological and clinical studies have demonstrated that oxidative stress is associated with a number of health disorders. Dietary antioxidants are of increasing interest because of their beneficial role in maintaining good health and in preventing chronic diseases. Indeed, a diet rich in dietary antioxidants, especially from fruits, vegetables, tea, and coffee, is known to be correlated with lower incidence of several diseases, including cardiovascular disease, certain types of cancer, and metabolic diseases.

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*Guest Editor*





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**Journal Rank:** JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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