



## Effects of Dietary Polyphenols on Immune System

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

Dear Colleagues,

Bioactive compounds, such as polyphenols, are found in small quantities in foods of plant origin such as fruits, vegetables, and whole grains. The consumption of these bioactive compounds not only provides basic nutritional benefits but also has been shown to have beneficial effects on health, including physiological, metabolic, and immunological aspects, thus playing an important role in preventing various diseases. Overall, the immunomodulation by these bioactive compounds represents a promising preventive or therapeutic strategy against several pathological processes, and further knowledge about their ability to modulate both the functionality and composition of the immune system is needed.

In this regard, this Special Issue of *Nutrients* will focus on the relevant knowledge of the impact of dietary polyphenols on the immune system and the microbiota to provide the most recent perspectives of this area. Papers in the form of original *in vitro*, clinical, and preclinical studies as well as review articles are welcome for submission.





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