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New Insights of Polyphenols in the Treatment and Prevention of Chronic Diseases

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Message from the Guest Editor

Dear Colleagues,

Polyphenols are the main phytochemicals in people's diet, and they exist in many fruits, vegetables, and plant-derived products. At present, they have been found to have many health-promoting activities, including protection against cardiovascular diseases, as well as their anti-carcinogenic, anti-inflammatory, anti-obesity, anti-diabetes and anti-oxidant properties. However, it is estimated that only about 5% of the total polyphenol intake is absorbed in the small intestine. The remaining 90% may accumulate in the large intestinal lumen where they are subjected to the enzymatic activities of the gut microbial community. These findings indicated that the digestive system may be the main target of polyphenols, for example, inhibiting the digestion and adsorption of nutrients, reshaping the gut microbiome and regulating the enzymatic activities of the gut microbial community.



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