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## Polyphenol-Rich Foods for Human Health and Disease

Guest Editors:

**Dr. María-Teresa García  
Conesa**

Quality, Safety and Bioactivity of  
Plant Foods, Food Science and  
Technology Department, CEBAS-  
CSIC, P.O. Box 360, Campus de  
Espinardo, Espinardo, 30100  
MURCIA, Spain

**Dr. Mar Larrosa**

Food, Microbiota and Health  
Group, Department of Pharmacy  
and Biotechnology, Faculty of  
Biosciences, Universidad  
Europea de Madrid, c/Tajo s/n  
Villaviciosa de Odón, 28670  
Madrid, Spain

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### Message from the Guest Editors

Dear Colleagues,

The effects of plant-derived polyphenols have long been investigated using a variety of pre-clinical models that have attributed a range of, generally beneficial, biological effects to these compounds. These compounds have the potential to contribute to the maintenance of health status as well as to prevent, delay, and reduce a number of chronic diseases in humans. Despite the increasing number of published clinical studies looking at the effects of these bioactive compounds, there are still many questions to resolve. It is essential that we demonstrate the effects of the intake of these compounds on specific human subpopulations and the factors influencing these effects, that we confirm the regulation of specific disease-related biomarkers by these compounds and their derived metabolites, and that we begin to establish the link between these effects and the mechanisms of action occurring in the human body in response to the intake of polyphenols.

Dr. Maria-Teresa García-Conesa

Dr. Mar Larrosa

*Guest Editors*



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### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
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Tel: +41 61 683 77 34  
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