



Dietary Polyphenols and Their Role in Gut Health

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Message from the Guest Editors

Dietary polyphenols are plant-derived bioactive compounds, endowed with preventive/therapeutic properties against multiple disorders.

Although the bioavailability of polyphenols is low, they are retained in the gut for a longer time due to their complex structure and food matrix composition and thus promote beneficial intestinal effects through gut microbiota interaction. Growing evidence suggests that polyphenols exhibit prebiotic properties and antimicrobial activities against pathogenic gut microflora, in addition to modulating gut metabolism and immunity and displaying anti-inflammatory effects.

This Special Issue welcomes the presentation of original research manuscripts or reviews of the scientific literature, concerning the impact of polyphenols on gut health, including the modulation of gut microbiota composition, intestinal barrier function, innate and adaptive immune response, inflammation, signaling pathways, as well as approaches aiming to improve polyphenol solubility, transport, and gut delivery.





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