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Foods, Plant Bioactives and Nutraceuticals for Reducing Cardiometabolic Disease Risk

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Message from the Guest Editors

Cardiovascular diseases (CVDs) are major causes of mortality and disability in Western countries. Prevention is known to be the cornerstone of lessening the incidence of CVDs and reducing the economic burden on both the citizen and the healthcare system. "Interventional medicine" places lifestyle modification as the first therapeutic step, including a healthy diet and physical activity. Secondly, a large body of research has individuated a number of food and plant bioactives which are potentially efficacious in preventing and reducing some highly prevalent CV risk factors, such as hypercholesterolemia, hypertension, vascular inflammation and vascular compliance. Some lipid- and blood-pressure-lowering bioactives have been studied for their impact on human vascular health, particularly as regards endothelial function and arterial stiffness.

In this Special Issue, we invite researchers to contribute original research and review articles focusing on available evidence regarding the effects of food, plant bioactives and nutraceuticals on lipid profile, blood pressure, inflammatory and endothelial markers, and vascular compliance.



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Special Issue



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