



The Role of Dietary Antioxidants in Healthy Aging

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Deadline for manuscript
submissions:
closed (31 January 2023)

Message from the Guest Editor

Dear Colleagues,

The process of aging is characterized by progressive functional and structural decline of the whole organism, leading to death. Oxidative stress, a condition occurring when the production of reactive oxygen species overcomes the cellular antioxidant defenses, is a common marker of aging. To help the organism to reduce oxidative damage it is necessary to enrich the diet with antioxidants contained in food. Dietary molecules such as polyphenols, carotenoids and some vitamins are bioactive compounds found in vegetables, fruits, wine, spices and herbs, and are well known for their antioxidant and radical scavenging activity. The purpose of this Special Issue is to collect and showcase recent findings on the mechanisms by which these molecules can prolong the lifespan and promote healthy aging, with the objective of advancing knowledge in this area. Thus, it is with great pleasure that I invite scientists to take part in this Special Issue with manuscripts describing original research or reviewing the scientific literature on this topic.

Dr. Rocco Rossano
Guest Editor





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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

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