



nutrients



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Health Benefits of Dietary Bioactives

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Message from the Guest Editor

Phytochemicals and their metabolites are likely particularly important when it comes to improving human health status in relation to welfare disease. Over and above plant-derived components such as macro- and micro-nutrients, bioactive phytochemicals are further demonstrated to exert health beneficial effects. Compounds such as phenols, terpenes, phytosterols, and thiols are important for the prevention of chronic welfare diseases. The physiological effects of phytochemicals are influenced by microbiota and may in turn affect the gastrointestinal microbiome. This issue aims to publish high-quality scientific papers investigating the effects of these bioactive plant compounds on human health, with a particular focus on clinical research investigating effects on welfare diseases, such as but not limited to type 2 diabetes and cardiovascular diseases. We will consider in vitro, in vivo, and human intervention studies, as well as reviews, systematics reviews, and meta-analyses.



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