



Unraveling the Multifaceted Role of Polyphenols in Health Issues

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Message from the Guest Editors

Polyphenols have garnered increasing attention for their potential health-promoting properties. Dietary patterns rich in polyphenol-containing foods have been integral to traditional cuisines. These dietary habits have not only shaped cultural identities but have also been associated with lower incidences of chronic diseases. Studies have established associations between higher polyphenol intake and reduced risks of diabetes, cancer, cardiovascular diseases, neurodegenerative disorders, and more. The biological mechanisms underlying these protective effects include antioxidant properties, anti-inflammatory activities, modulation of cellular signaling pathways, and interactions with gut microbiota. Besides that, recent studies have shown that the interaction of polyphenols with the food matrix may play a critical role in polyphenol stability and consequent bioactivity. This Special Issue aims to provide a comprehensive overview of the current state of knowledge regarding the therapeutic potential of polyphenols in food, for the management and prevention of diseases, ultimately contributing to a better understanding of their role in promoting global health.





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