



Oxidative Stress and Dietary Health: The Role of Functional Foods and Nutritional Supplements

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Message from the Guest Editor

Proper nutrition plays a pivotal role in both health and developmental processes. The global use of dietary supplements has increased. While their primary aim is to provide essential nutrients such as vitamins and minerals to maintain health, there has been a growing interest in functional ingredients in foods in recent decades. These ingredients not only provide nutrients and energy, but also offer beneficial effects for human health, enhancing specific physiological responses and potentially reducing the risk of disease. The health benefits of nutritional supplements and functional foods are observed across different age groups and many different areas of human physiology. Oxidative stress is linked to the pathogenesis of several chronic diseases. Nutrition serves as a crucial regulator of oxidative stress in the human body, and the dietary consumption of nutrients possessing antioxidant properties can benefit human health by limiting oxidative damage.

In this Special Issue, we invite researchers to provide original research articles, clinical reports and review articles centered on the interplay between oxidative stress and nutrition.





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Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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