



Health Benefits of Catechins

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Message from the Guest Editor

Catechin is an important phenolic compound extracted from tea and other natural plants, it's the main substance of tea polyphenols to play the biological active role. The chemical structure of catechins shows that they contain multiple phenolic hydroxyl groups, one of the reasons for its biological function is the high activity of phenol hydroxyl group, which makes it the first to be attacked by foreign harmful substances and protect normal tissues from being damaged. Most research has shown that catechin have many functions, such as preventing cardiovascular diseases, anti-tumor, anti-oxidation. Therefore catechins are recognized as a natural, efficient, green and safe alternative to antibiotics. The study on the biological activity of catechins is of great social benefit to the development of drugs for the treatment of various diseases.





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Message from the Editor-in-Chief

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