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Polyphenols: Exploring the Potential Health Benefits and Beyond

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Message from the Guest Editors

The class and amount of polyphenols in foods can vary depending on several factors. For instance, the location where food is cultivated, the way it is farmed and transported, the grade of maturation, and the cooking method. This class of phytochemicals offers various health benefits. Several research have conducted studies to evaluate their health consequences. Thus, regular consumption of these compounds is thought to protect against developing cardiovascular disease and type two diabetes, and even certain types of cancer. It is also believed to improve brain health and digestion. They also contribute to improving insulin resistance, lipid profiles, and blood pressure. Their role in the elimination of reactive oxygen species (ROS), which are instigators of several illnesses, has also been established. Phenolic compounds are also known to affect the gut microbiota composition, which converts polyphenols into bioactive compounds with important therapeutic effects.

This Special Issue of *Nutrients* entitled “**Polyphenols: Exploring the Potential Health Benefits and Beyond**”, welcomes original research and reviews of the literature concerning this important topic.



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Special Issue



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