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# **Phytochemicals Beneficial to Human Health - Volume II**

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# **Message from the Guest Editors**

Plant materials and derivatives have been widely studied worldwide for the countless benefits they bring to human health. In vitro and in vivo studies show how bioactive plant compounds possess the ability to activate cell signaling pathways that are altered in pathological situations or certain medical conditions. The elucidation of the mechanisms by which the bioactive compounds of plants act continues to be approached as a directional axis in research projects. In this sense, there is a wide area of opportunity to explore the use of phytochemicals in human health, in diseases, or in special conditions such as physical exercise and its effect on athletic performance.

We invite the scientific community interested in studying the role of phytochemicals in human health to submit their work to this Special Issue in the form of reviews or original research articles that contribute to the formation of solid evidence that supports the optimal use of phytochemicals, whether in cases of disease or conditions such as physical exercise.











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## **Editor-in-Chief**

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# **Message from the Editor-in-Chief**

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