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Plant Antioxidants, Inflammation, and Chronic Disease

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Message from the Guest Editors

Plant antioxidants are abundantly present in various plant-based foods, such as fruits, vegetables, nuts, seeds, and whole grains. These antioxidants include vitamins such as vitamin C and vitamin E, minerals such as selenium, phytochemicals such as carotenoids, and polyphenols.

Plant antioxidants play a crucial role in the natural defense mechanism by neutralizing free radicals, reducing oxidative stress, supporting immune function and skin/eye health, improving cognitive function, and delaying aging, thus preventing the onset of chronic conditions.

This Special Issue highlights the importance of a diet rich in plant-based antioxidants to bolster immune function, thereby lowering the risk of chronic disease development and improving long-term health outcomes.



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Special Issue



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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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