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Current Insights and Trends in Vitamin C Research

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Message from the Guest Editors

Vitamin C research continues apace. New discoveries abound around vitamin C's pleiotropic mechanisms of action, as well as its complex pharmacokinetics resulting in varying requirements depending on health, lifestyle, different disease states, etc. Many diseases are characterized by accompanying inflammation and oxidative stress, both of which increase requirements for vitamin C. The more recent discovery of vitamin C's role in epigenetic regulation opens much wider involvement of this micronutrient in genetic expression and general health than previously acknowledged. A vast body of epidemiological evidence has long suggested that disease prevention is facilitated by the optimal intake of micronutrients such as vitamin C, but well-designed intervention studies are lacking. Globally, vitamin C intake recommendations vary widely. Further research in this area will provide an evidence base to aid in the harmonization of intake recommendations worldwide. We invite you to submit your high-quality vitamin-C-focused research for consideration for publication in our Special Issue.



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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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