



## Mediterranean Edible Plants: An Assessment of Their Antioxidant, Radical Scavenger Properties and Their Use As Super Foods, Nutraceuticals, Functional Foods

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### Message from the Guest Editors

The Mediterranean diet is recognized to prevent several human diseases, endothelium damage, dysmetabolism, and cardiopathy. Extracts from edible plants may prevent pathology-associated cell damages, reactive oxygen species (ROS) generation, and physiological processes. Wild and in-house edible plants, as part of the Mediterranean-style diet contain a considerable polyphenolic content and exhibit a strong antioxidant activity. In the Mediterranean basin, wild plants rich with antioxidants are harvested and are eaten seasonally. Epidemiological data suggest that cardiovascular diseases are lower in the Mediterranean area, where plant foods rich in antioxidants constitute a significant part of the diet. Recently attention has been focused on the possible health benefits of foods with high free-radical trapping activity, since radicals formation is a key process of diverse cardiovascular and neurological pathologies in humans. Therefore, the radical trapping properties of the Mediterranean flora characterized by plant species endowed with various properties, deserve further investigation and justify the search for new sources of natural antioxidants.





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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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