



## The Role of Antioxidant Foods and Nutraceuticals in Ageing

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### Message from the Guest Editors

The finding that antioxidants promote longevity or fight ageing-associated diseases is a fundamental validation of the oxidative stress theory of ageing. However, this statement is frequently turned upside down, becoming something different: A corollary of the oxidative theory of ageing is the intake of antioxidants retards ageing and increases lifespan. Because of this circular argumentation, the term antioxidant is commonly believed to be synonymous with anti-ageing, and antioxidant food is a claim for healthy food.

Several evidences indicate that antioxidants exert very different effects depending on the amounts and the experimental system. The benefits of counteracting oxidative signals to cure cancer or myocardial ischemia/reperfusion injury is controversial. Then, taking antioxidants with food or as nutraceutical supplements, systemic effects, bioavailability, derived metabolites and interactions have to be considered before drawing conclusions.

In this Special Issue, original research reports and updated literature reviews make the point on the state of the knowledge on the role of antioxidants in ageing.





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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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