

Special Issue

Bioactive Compounds in Functional Foods and Their Role in Combating Oxidative Stress

Message from the Guest Editors

Oxidative stress plays a crucial role in the development of chronic diseases such as cardiovascular diseases, cancer, and neurodegenerative disorders. It occurs when there is an imbalance between the production of reactive oxygen species (ROS) and the body's ability to neutralize them. Bioactive compounds, including polyphenols, flavonoids, carotenoids, and vitamins found in fruits, vegetables, nuts, and seeds, have shown promise in combating oxidative stress due to their antioxidant properties. Functional foods enriched with these bioactive compounds offer health benefits beyond basic nutrition and can help reduce the risk of chronic diseases by modulating oxidative stress pathways. The Special Issue "Bioactive Compounds in Functional Foods and Their Role in Combating Oxidative Stress" aims to explore the potential of these compounds to improve health outcomes by mitigating oxidative stress. It examines their sources, mechanisms of action, and implications for human health, highlighting the importance of incorporating bioactive-rich foods into the diet for better health management and disease prevention.

Guest Editors

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About the Journal

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.

Editor-in-Chief

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