

## Special Issue

# Antioxidant Compounds and Health Benefits of Mediterranean Functional Food

### Message from the Guest Editor

Many of the characteristic components of the traditional Mediterranean diet are known to have positive effects on health and well-being, and can be considered functional foods. Mediterranean functional foods are rich in vitamins, organic acids, coumarins, terpenoids and flavonoids. The bioactive compounds present in these dietary items have been extensively studied in recent decades as potential molecules capable of interfering with the pathophysiological mechanisms associated with several diseases. The biological properties of Mediterranean functional foods range from antioxidant and anti-inflammatory to antimutagenic and anticarcinogenic effects. In this Special Issue, we aim to gather the latest scientific data relating to the health properties of Mediterranean functional foods in order to explore their biological properties (such as anti-cancer, anti-inflammatory, anti-diabetic, cardio-protective and anti-obesity properties). This Special Issue of *Antioxidants* welcomes the submission of research articles, review articles, systematic reviews, meta-analysis and communications.

### Guest Editor

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### Deadline for manuscript submissions

25 November 2025



## Antioxidants

an Open Access Journal  
by MDPI

Impact Factor 6.6  
CiteScore 12.4  
Indexed in PubMed



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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.

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### Editor-in-Chief

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