Special Issue

Vitamin E: Food Sources, Metabolism and Bioavailability

Message from the Guest Editors

Vitamin E refers to a group of eight lipophilic compounds (also called E-vitamers): the □-, □-, □- and □-tocopherols and the □-, □-, □- and □-tocotrienols. Among them, □-tocopherol is the most abundant form of vitamin E in animal tissue and has the highest activity in carrying out the essential antioxidant functions of vitamin E. For these reasons, □-tocopherol is generally considered "the Vitamin E" in nutrition. The newest research is focusing attention on the health benefits of tocotrienols, particularly in the prevention or treatment of non-communicable diseases, such as cardiovascular, musculoskeletal, metabolic, gastric, skin disorders and cancers. In view of this, to evaluate the functional effects of Vitamin E on human health, it is essential to know the vitamin E content and profile in foodstuffs, to define the bioavailability of different vitamin E forms and to evaluate the bioactivity of their metabolites. We are waiting for articles from researchers in a wide range of fields such as food chemistry, food technology, biochemistry, medicine, nutrition, and epidemiology.

Guest Editors

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Deadline for manuscript submissions

closed (20 May 2024)

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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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