

Special Issue

Phytochemicals in the Diet: Health Implications, Safety Issues, and Molecular Mechanisms

Message from the Guest Editors

Plant foods contain a plethora of active components such as dietary fiber, folate, vitamins, (poly)phenols, carotenoids, coumarins, organosulfurs, isothiocyanates, methylxanthines, saponins, phenylpropanoids, anthraquinones, ginsenosides, and so on. Epidemiological and clinical studies have shown that phytochemicals improve human health by lowering the risk of and preventing chronic diseases when consumed as part of a healthy diet. How dietary phytochemicals are metabolized and interact with other bioactive compounds, their biochemical and molecular effects on different metabolic pathways, and their role in the human organism has not been fully elucidated and requires more research. This Special Issue seeks to collect state-of-the-art original research focusing on the implications of phytochemicals in the diet, including clinical, epidemiological, in vivo, and in vitro studies underlining the impact of phytochemicals on health and disease. As our knowledge about phytochemicals is continuously progressing, this Special Issue will collect the most updated insights into the effects of dietary phytochemicals on health.

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Deadline for manuscript submissions

closed (30 April 2024)



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.

Editor-in-Chief

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