

## Special Issue

# Antioxidant Capacity of Natural Compounds from Vegetable Matrices

### Message from the Guest Editor

Antioxidants are molecules that act against free radicals in our body, which are compounds that can cause harm if their levels become too high. They are linked to multiple illnesses, including diabetes, heart disease, and cancer. Our body possesses a rich arsenal of antioxidant defenses to keep free radicals in check; however, in some situations, this is not enough. Thus, antioxidants can be found in fruits, vegetables and other plant-based foods. Antioxidant preservatives also play a crucial role in food production by increasing shelf life. Dietary intake of antioxidants is essential for optimal health, but an excessive intake of isolated antioxidants can have toxic effects and may even promote rather than prevent oxidative damage, a phenomenon termed the “antioxidant paradox”. Eating plenty of antioxidant-rich vegetables is preferential, as studies indicate that they reduce oxidative damage to a greater extent than supplements; thus, vegetable and fruit compounds work synergistically. We will welcome and consider for publication in this journal any type of contribution, both research articles and reviews, based on this topic and all aspects related to it.

### Guest Editor

Dr. Azzurra Stefanucci

Department of Pharmacy, “G. d’Annunzio” University of Chieti-Pescara, 66100 Chieti, Italy

### Deadline for manuscript submissions

closed (30 November 2024)



## Antioxidants

an Open Access Journal  
by MDPI

Impact Factor 6.6  
CiteScore 12.4  
Indexed in PubMed



[mdpi.com/si/203611](https://mdpi.com/si/203611)

*Antioxidants*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[antioxidants@mdpi.com](mailto:antioxidants@mdpi.com)

[mdpi.com/journal/  
antioxidants](https://mdpi.com/journal/antioxidants)





# Antioxidants

---

an Open Access Journal  
by MDPI

---

Impact Factor 6.6  
CiteScore 12.4  
Indexed in PubMed



[mdpi.com/journal/  
antioxidants](https://mdpi.com/journal/antioxidants)



## 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

Prof. Dr. Alessandra Napolitano

Department of Chemical Sciences, University of Naples “Federico II”,  
Via Cintia 4, I-80126 Naples, Italy

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, FSTA, PubAg, CAPlus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Chemistry, Medicinal) / CiteScore - Q1 (Food Science)