

Special Issue

The Role of Natural Antioxidants in Fruits and Vegetables in Human Health

Message from the Guest Editor

Fruits and vegetables are well known for their rich contents of natural antioxidants, which play a crucial role in health promotion by neutralizing free radicals and reducing oxidative stress. This Special Issue focuses on exploring the antioxidant potential of natural bioactive compounds specifically derived from fruits and vegetables, with an emphasis on their ability to combat oxidative stress and inflammation—two key drivers of chronic diseases such as cancer, cardiovascular disease, and neurodegenerative disorders. We request cutting-edge research that investigates the molecular mechanisms, bioavailability, and therapeutic applications of natural antioxidants derived from fruits and vegetables. Topics of interest include the identification of novel antioxidant compounds, mechanisms of action, and their preventive and therapeutic potential. Studies encompassing a wide range of methodologies, such as in vitro and in vivo models, as well as clinical trials, are welcome. This Special Issue will highlight how natural antioxidants from fruits and vegetables can be harnessed to support human health and combat chronic disease.

Guest Editor

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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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