

Special Issue

New Insights into Antioxidant Capacities of Plant-Based Food

Message from the Guest Editors

Plant-based foods are usually considered as the greatest potential source of antioxidative compounds in daily diet. This knowledge is even more crucial considering that the lack of a physiological balance between free radicals developed in the body and their natural method of inactivation leads to oxidative stress and the production of harmful reactive oxygen species. Plant-derived antioxidants may help protect the human system from diseases resulting from a weakened immune system. Impaired body balance is considered to be the main cause of aging and the emergence of chronic non-communicable diseases (diabetes, cancer, and cardiovascular and neurological diseases). There is already some evidence that certain plant polyphenols might have much more powerful antioxidant properties than other antioxidant vitamins. This Special Issue uncovers the potential of plants as well as plant-based foods as a possible source of valuable antioxidants in the human diet to maintain human body wellness and protect against diseases. **Keywords:** antioxidative properties; plant-based foods; anticancer potential; pharmacological activities; functional foods; health; diseases

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Deadline for manuscript submissions

closed (20 January 2023)



Applied Sciences

an Open Access Journal
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Impact Factor 2.5
CiteScore 5.5



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As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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