

Special Issue

Polyphenols in Food and Plant: Latest Advances and Prospects

Message from the Guest Editor

Polyphenols are bioactive food compounds that are a part of a large group of phytochemicals found in plants. These components are known to have various effects on the human organism, e.g. anti-inflammatory, anti-oxidant, anti-carcinogenic effects. Some studies have proven that daily intake of polyphenols can lead to reduced risk of cardiovascular diseases, chronic diseases, and type 2 diabetes. To estimate polyphenols' impact on human health it is crucial to use validated and standardized methods for their determination. Moreover, new sources of polyphenols, which can be found in plant and food matrices, are desirable. Papers about new trends in methodologies applied for qualitative and quantitative analysis of polyphenols in plant and food matrices are welcome, especially concerning methods of confirming polyphenols' structure, establishing their activity, bioactivity, and digestibility.

For this Special Issue, we are seeking original research papers of a high standard, as well as reviews on topics related to new methods and the effect of processing on the concentration and activity of polyphenols found in foods and plants.

Guest Editor

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Message from the Editor-in-Chief

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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