Natural Bioactive Components from Tea: Extraction, Processing and Therapeutic Potential

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Deadline for manuscript submissions:
30 June 2024

Message from the Guest Editors

Tea is widely consumed worldwide as the second largest beverage after water. Drinking tea has exhibited many health benefits for the human body, such as ameliorating peroxide-related diseases, cardiovascular diseases, immune-related diseases, obesity, muscle function, insomnia and neurodegenerative diseases. Freshly picked tea contains a variety of bioactive components. However, due to the physicochemical properties of active ingredients, interactions with other food components, and their degradation in the gastrointestinal tract, the absorption of active ingredients in tea is often greatly limited, showing low bioavailability, making it difficult to exert good physiological activity to prevent metabolic disorders and neurodegenerative diseases. Therefore, on the basis of confirming the bioactivity of different natural bioactive components from tea, it is very meaningful to find and develop good entrapment and delivery strategies to improve the metabolism and absorption of bioactive components and maximize their health benefits, which will lay the foundation for the in-depth utilization of tea resources.

Special Issue

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Message from the Editor-in-Chief

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