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## Stability and Metabolism Research of Polyphenols after In Vitro Digestion and Fermentation

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**closed (15 February 2022)**

### Message from the Guest Editors

For several decades scientific community have been interested in determining the content of polyphenols and their in vitro antioxidant activity of foods. Nevertheless, the current knowledge point that polyphenols act in a different way to antioxidants in the body. Furthermore, the most abundant polyphenols in the food are not necessarily those that have the best bioavailability profile and bioactivity. Since polyphenols must be released from the food matrix, resist gastrointestinal digestion, and in some cases be metabolized by colonic microbiota before entering the bloodstream. Through in vitro digestion and fermentation models, the bioaccessibility and the microbiota biotransformation of polyphenols present in foods can be studied. As well as the variables that affect those processes such as food matrix, macronutrients interaction, processing, cooking methods, etc. In summary, increase knowledge in this field could contribute to understand better the role of polyphenols in health promotion and help to design functional foods.



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# Special Issue



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