

Special Issue

Polyphenols and Health Benefits

Message from the Guest Editors

Polyphenols are essential bioactive components that have been demonstrated to play an important role in alleviating risk factors associated with several chronic conditions, such as cardiovascular disease and cancer. Due to the rapid elimination, high metabolic rate, and poor intestinal absorption of polyphenols, a clear understanding of their bioavailability is essential to validate their health claims. Globally, cardiorenal diseases are associated with the most considerable mortality rates, and mechanisms, pharmacologic regimens, and nutritional treatment have been the focus of recent research. Numerous studies have demonstrated the protective properties of polyphenols in cardiovascular and renal diseases, showing that they modulate multiple signaling pathways such as cellular growth, inflammation, oxidative stress, apoptosis, and proliferation. This Special Issue will focus on polyphenols and especially their metabolites and the mechanism by which they prevent chronic diseases, such as heart disease, diabetes, cancer, and Alzheimer's disease.

Guest Editors

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About the Journal

Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

Editor-in-Chief

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