

Special Issue

Antioxidant Natural Products in Foods

Message from the Guest Editors

Molecular oxygen is essential for the production of energy by cells. However, the metabolism also generates unstable molecules or ions with an unpaired electron, called 'free radicals', which are highly reactive and can combine with electrons from other molecules, causing severe damage to cellular constituents like lipids, proteins, and DNA. Although the human body uses some of these radicals to fight external threats like virus and bacteria, if these radicals are produced in an excessive amount, cells cannot cope with them, causing irreversible damage. This can lead to certain chronic diseases. Many natural products can act as antioxidants, helping the body to destroy the excess of endogenous radical species if they are included in the diet—the most natural and easy way to provide the body with antioxidants.

Foods is launching a Special Issue on natural products with antioxidant activity that can be, or are already, included in the diet.

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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