

Special Issue

Phenolic Compounds in Herbs: Characterization, Antioxidant Properties and Health Benefits

Message from the Guest Editors

Various phenolic compounds are known to exhibit chemopreventive properties (acting as antioxidant, anticarcinogenic, antimutagenic, or anti-inflammatory molecules). Spices and herbs are great sources of antioxidants for food and beverage preservation. In addition, consumers are increasingly favouring food products that contain natural ingredients because of concerns over adverse health effects of synthetic raw materials, particularly some synthetic antioxidants. Since herbs also exhibit variable medicinal properties, it is not surprising that in developing countries, most of the population depends upon the use of food rich in phenolics for health prevention and of herbal medicines for primary health care. Therefore, the fortification of foods with herb and spice components could help to provide nutritional and therapeutical value to functional products. To achieve a more comprehensive understanding of the health benefits of phenolic compounds present in herbs and to facilitate their use for the improvement of food, the journal *Foods* now invites valuable contributions that report original observations as well as reviews on that topic.

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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.

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