



## Nutraceuticals in Chronic Diseases

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### Message from the Guest Editors

Chronic diseases, such as heart disease, cancer, stroke, chronic obstructive pulmonary disease, and type 1 and type 2 diabetics, are the main causes of death and disability in the world.

"Nutraceuticals" are natural products, food supplements, or functional foods that have health benefits. In recent years, scientific research has shown that nutraceuticals can be used as a complement to conventional therapies and drugs. Nutraceuticals can be dietary fibers of vegetable origin, probiotics, polyunsaturated fatty acids, omega-3 or omega-6 fatty acids, phytochemicals such as polyphenols, antioxidant vitamins, carotenoids, terpenes, and other essential oil components. Normally, the bioactive compounds contained in nutraceuticals have strong antioxidant activity. Oxidation stress is considered a useful tool to prevent and/or treat chronic diseases such as cardiovascular disease, obesity and comorbidity, neurodegeneration, and cancer.





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## Message from the Editor-in-Chief

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