



Perspectives on the Health Benefits of Flavonoids

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Deadline for manuscript
submissions:

closed (31 July 2019)

Message from the Guest Editors

Flavonoids are phytochemicals ubiquitously contained in vegetables, fruits and tea. They include subclasses such as flavones, flavonols, isoflavones, and anthocyanins. Flavonoids reduce oxidative stress and inflammation. Various molecular mechanisms related to anti-oxidative and anti-inflammatory properties have been proposed to contribute the health benefit of flavonoids. In recent years unabsorbed flavonoids have been shown to alter the gut microbiome suggesting another mechanism for influencing host health. However, because of their low bioavailability the molecular mechanisms of flavonoids have not always been demonstrated in animal models or in humans. In this Special Issue, we focus on the molecular mechanism of flavonoids on the health benefit which contribute to prevent chronic metabolic and age-related diseases. To elucidate the role of flavonoids on maintaining human health, the molecular actions should be demonstrated, not only in vitro, but also in vivo.





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