

## Special Issue

# New Advances in Bioactive Compounds in Health and Disease

### Message from the Guest Editor

The use of bioactive compounds, particularly those from medicinal plants, in dietary supplements, nutraceuticals, and pharmaceuticals has received special attention in recent years. This is mainly based on the common belief that they are safer and more effective than synthetic drugs, and also due to their lower price, toxicity, and side effects. Among them, phenolic compounds have been a target of several studies and a hot topic of research. They constitute the largest group of secondary metabolites of plants and are classified as flavonoid (flavonols, flavanols, flavones, flavanones, isoflavones, and anthocyanins) and non-flavonoid compounds (phenolic acids, hydroxycinnamic acids, lignans, stilbenes, and tannins) and exhibit remarkable health-promoting properties, namely, antioxidant, anti-inflammatory, antimutagenic, vasodilator, antidiabetic, and anticancer effects; provide neurological and cardiovascular protection; improve memory; and can be used as additives for beverages, foods, nutraceuticals, pharmaceutical products, and cosmetics.

### Guest Editor

Dr. Luís Silva

1. SPRINT Sport Physical Activity and Health Research & Innovation Center, Instituto Politécnico da Guarda, 6300-559 Guarda, Portugal
2. CICS/UBI, Universidade da Beira Interior, Covilhã, Portugal

### Deadline for manuscript submissions

closed (20 February 2026)



## International Journal of Molecular Sciences

an Open Access Journal  
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Impact Factor 4.9  
CiteScore 9.0  
Indexed in PubMed



[mdpi.com/si/209191](https://mdpi.com/si/209191)

*International Journal of  
Molecular Sciences*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijms@mdpi.com](mailto:ijms@mdpi.com)

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Prof. Dr. José L. Quiles  
Department of Physiology, Institute of Nutrition and Food Technology  
"Jose Mataix", Biomedical Research Center, University of Granada,  
Avda. Conocimiento s/n, 18100 Armilla, Granada, Spain

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