

## Special Issue

# Nutraceuticals and Healthy Aging: Molecular Mechanisms and Therapeutic Perspectives

### Message from the Guest Editor

Aging is a complex and multifactorial biological process associated with a progressive decline in physiological function and an increased risk of chronic diseases such as neurodegeneration, metabolic dysfunction, cardiovascular disease, skin aging, menopausal disorders, benign prostatic hyperplasia (BPH), and bone and joint diseases. In this context, interest in nutraceuticals, bioactive compounds with natural origin and with potential health benefits, has grown exponentially in recent years. This Special Issue aims to collect articles and reviews that explore the molecular mechanisms by which nutraceuticals can help promote healthy aging, delay the onset of age-related diseases, and improve quality of life in the elderly population. The goal is to provide an up-to-date, interdisciplinary overview of the role of nutraceuticals in healthy aging, integrating research from fields such as biochemistry, molecular biology, physiology, pharmacology, nutrition, and clinical medicine.

---

### Guest Editor

Dr. Francesca Uberti

Laboratory of Physiology, Department for Sustainable Development and Ecological Transition, University of Piemonte Orientale, UPO, 13100 Vercelli, Italy

---

### Deadline for manuscript submissions

20 August 2026



## International Journal of Molecular Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.9  
CiteScore 9.0  
Indexed in PubMed



[mdpi.com/si/250158](https://mdpi.com/si/250158)

*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)

[mdpi.com/journal/  
ijms](https://mdpi.com/journal/ijms)





# International Journal of Molecular Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.9  
CiteScore 9.0  
Indexed in PubMed



[mdpi.com/journal/  
ijms](https://mdpi.com/journal/ijms)



## About the Journal

### Message from the Editor-in-Chief

The *International Journal of Molecular Sciences (IJMS)* is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, and molecular biophysics. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

---

### Editor-in-Chief

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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, MEDLINE, Embase, CAPus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Biochemistry and Molecular Biology) / CiteScore - Q1 (Organic Chemistry)