

Special Issue

Benefits of Bioactive Molecules from Food in Cardiovascular Disease

Message from the Guest Editors

Cardiovascular disease and cancer are the leading causes of death. Factors that can reduce occurrence of these

diseases could contribute to important improvements in longevity. While oxidative stress promotes aging and related chronic diseases, a diet enriched in fruits, vegetables, and processed products is known to be protective against oxidative stress, reducing the incidences of chronic diseases. The polyphenols in the diet are the most powerful natural antioxidants. They reduce the level of oxygen free radicals and therefore increase the bioavailability of nitric oxide and in turn an increase in endothelium-dependent vasodilation, with, the improvement of blood perfusion to organs, and the prevention of chronic diseases.

This Special Issue will include a selection of original articles and reviews aimed at expanding our awareness of the

progress in the knowledge of bioactive molecules from food acting as antioxidants, reducing oxidative stress and oxidant enzymes, and providing protection from deleterious reactive oxygen species.

Guest Editors

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The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) 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, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *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.

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