

# Special Issue

## Superfoods and Longevity

### Message from the Guest Editor

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 ageing and related chronic diseases, a diet enriched in fruits, vegetables, and their 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 increase endothelium-dependent vasodilation, with improvement of blood perfusion to organs, and 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 the super foods acting as antioxidants, reducing oxidative stress and oxidant enzymes, and providing protection from deleterious reactive oxygen species.

---

### Guest Editor

Prof. Dr. Valerio Sanguigni

Department of System Medicine, University of Rome Tor Vergata,  
Rome, Italy

---

### Deadline for manuscript submissions

closed (31 January 2022)



## International Journal of Molecular Sciences

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.9  
CiteScore 9.0  
Indexed in PubMed



[mdpi.com/si/74809](https://mdpi.com/si/74809)

*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*, 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.

---

### Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of Odontostomatologic and Specialized Clinical Sciences,  
Sez-Biochimica, Faculty of Medicine, Università Politecnica delle  
Marche, Via Ranieri 65, 60100 Ancona, Italy

---

### 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, CAPlus / SciFinder, and other databases.

#### Journal Rank:

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