

Special Issue

Natural Compounds, Vitamins, and Polyphenols in Cardiovascular and Metabolic Protection

Message from the Guest Editor

Natural compounds, vitamins, and polyphenols play significant roles in providing cardiovascular and metabolic protection. These compounds have a wide range of biological activities with structural diversity compared to synthetic compounds and possess antioxidant and anti-inflammatory properties that help combat oxidative stress and inflammation, both of which are key factors in the development of cardiovascular diseases and metabolic disorders such as atherosclerosis and diabetes. Vitamins like C, D, E, K, and B group vitamins, along with polyphenols such as flavonoids and resveratrol, have been shown to promote heart health, improve lipid profiles, provide endothelial and anti-thrombotic protection, reduce anti-platelet aggregation and enhance insulin sensitivity. Incorporating a variety of fruits, vegetables, and other plant-based foods into the diet can provide a rich source of these natural compounds, contributing to overall cardiovascular and metabolic well-being. This Special Issue aims to cover many aspects of research concerning natural compounds, vitamins, and polyphenols and their potential roles in providing cardiovascular and metabolic protection.

Guest Editor

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Deadline for manuscript submissions

closed (20 February 2025)



International Journal of Molecular Sciences

an Open Access Journal
by MDPI

Impact Factor 4.9
CiteScore 9.0
Indexed in PubMed



mdpi.com/si/200880

*International Journal of
Molecular Sciences*
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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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