

## Special Issue

# The Role of Oxidative Stress and Antioxidants in Human Disease

### Message from the Guest Editor

Oxidative stress is a condition where there is an imbalance between free radicals (reactive oxygen species) and antioxidants in the body. Free radicals are highly reactive molecules that can damage cells, proteins, and DNA, contributing to aging and various diseases, including cancer, cardiovascular diseases, and neurodegenerative disorders. Antioxidants are molecules that neutralize free radicals, preventing or reducing damage. Natural antioxidants, such as vitamins C and E, polyphenols, and flavonoids, are found in fruits, vegetables, nuts, and whole grains. They play a crucial role in maintaining health by protecting cells from oxidative damage. The body also produces endogenous antioxidants, like glutathione, which further defend against oxidative stress. Balancing oxidative stress with sufficient antioxidants is essential for preventing chronic diseases and promoting overall well-being. Consuming a diet rich in natural antioxidants is a key strategy for managing oxidative stress. This Special Issue will focus on new insights into the role of oxidative stress and antioxidants in human diseases.

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### Guest Editor

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### Deadline for manuscript submissions

closed (20 May 2026)



## International Journal of Molecular Sciences

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Impact Factor 4.9  
CiteScore 9.0  
Indexed in PubMed



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*International Journal of  
Molecular Sciences*  
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