

Special Issue

Dietary Polyphenols for Improving Gut Health

Message from the Guest Editor

Dietary polyphenols are bioactive compounds found in various plant-based foods such as fruits, vegetables, tea, and wine. Research suggests they play a crucial role in improving gut health by modulating the gut microbiota composition, reducing inflammation, and enhancing gut barrier function.

Despite significant progress in understanding the complex interplay between polyphenols and gut microbiota, there is ongoing inquiry into the precise mechanisms by which polyphenols impact gut microbiota diversity and function, namely, the differential effects of various polyphenol subclasses on specific microbial taxa and their functional implications for host health; how polyphenol structure, dose, and bioavailability influence their interactions with gut microbes; and the impact of polyphenols on microbial metabolites and their downstream effects on host physiology and immune function. Addressing these knowledge gaps will provide valuable insights into harnessing the therapeutic potential of polyphenols for gut health. We welcome submissions exploring the multifaceted impact of polyphenols on the gastrointestinal system.

Guest Editor

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Deadline for manuscript submissions

closed (20 July 2025)



International Journal of Molecular Sciences

an Open Access Journal
by MDPI

Impact Factor 4.9
CiteScore 9.0
Indexed in PubMed



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*International Journal of
Molecular Sciences*
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