Special Issue

The Impact of Polyphenols on Metabolic Health and Disease

Message from the Guest Editors

This Special Issue "The Impact of Polyphenols on Metabolic Health and Disease" aims to emphasize the significant role played by polyphenols in the intervention (chemoprevention or treatment) of metabolic disease. The health-promoting properties of polyphenols in various chronic metabolic diseases have garnered significant attention in recent years. The mounting evidence suggests that the ingestion of polyphenols or their metabolites can effectively modulate metabolic disease by targeting REDOX signaling pathways, inflammatory signaling pathways, gut microbiota and the "gut-X" axis. Such diseases include, but are not limited to, diabetes mellitus, hyperlipidemia, hypertension, nonalcoholic fatty liver disease (NAFLD), cardiovascular disorders, gastrointestinal dysfunction, sleep disturbances, neurodegenerative conditions and others.

Guest Editors

Prof. Dr. Si Qin

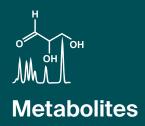
College of Food Science and Technology, Hunan Agricultural University, Changsha 410128, China

Dr. Kozue Sakao

Laboratory of Function Food and Nutrigenomics, Department of Biochemical Science and Technology, Faculty of Agriculture, Kagoshima University, Kagoshima 890-8580, Japan

Deadline for manuscript submissions

31 January 2026



an Open Access Journal by MDPI

Impact Factor 3.7 CiteScore 6.9 Indexed in PubMed



mdpi.com/si/217345

Metabolites
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
metabolites@mdpi.com

mdpi.com/journal/metabolites





Metabolites

an Open Access Journal by MDPI

Impact Factor 3.7 CiteScore 6.9 Indexed in PubMed



About the Journal

Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

Editor-in-Chief

Dr. Amedeo Lonardo

Internal Medicine, Ospedale Civile di Baggiovara, Azienda Ospedaliero-Universitaria, 41126 Modena, Italy

Author Benefits

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Biochemistry and Molecular Biology) / CiteScore - Q2 (Endocrinology, Diabetes and Metabolism)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.4 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the first half of 2025).

