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Natural Active Ingredients and Exogenous Risk Factors in Tea: Bioavailability and Chronic Diseases

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Message from the Guest Editors

Tea is widely consumed worldwide as the second largest beverage, which contains a variety of bioactive components, including polyphenols, carbohydrates, amino acids, caffeine, carotenoids, and vitamins. Drinking tea has exhibited many health benefits for the human body, such as ameliorating peroxide-related diseases, cardiovascular diseases, immune-related diseases, obesity, muscle function, insomnia, and neurodegenerative diseases. However, several exogenous risk substances, including plasticizers, colorants, pesticide residues, and organic solvents, are often introduced intentionally or unintentionally during the production, processing, storage, and circulation of tea. Therefore, when producing and consuming tea, attention must be paid to the dual effects of natural active ingredients and risk substances in tea. The bioavailability of active ingredients and risk substances in tea is the fundamental of their impact on human health and chronic diseases. Therefore, it is urgent to investigate the digestion, absorption, and metabolism of active ingredients and risk substances in tea, and to further reveal their positive/negative effects and action mechanisms on chronic diseases.



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