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## Effects of Phytochemicals on Metabolic Disorders and Human Health

Guest Editors:

**Dr. María Angeles Martín**

1. Institute of Food Science,  
Technology and Nutrition  
(ICTAN-CSIC), 28040 Madrid,  
Spain

2. CIBER of Diabetes and  
Associated Metabolic Disease  
(CIBERDEM), ISCIII, 28029 Madrid,  
Spain

**Dr. Sonia Ramos Rivero**

1. Institute of Food Science,  
Technology and Nutrition  
(ICTAN-CSIC), 28040 Madrid,  
Spain

2. CIBER of Diabetes and  
Associated Metabolic Disease  
(CIBERDEM), ISCIII, 28029 Madrid,  
Spain

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### Message from the Guest Editors

Phytochemicals have received rising attention for their health-promoting properties in many chronic diseases, including metabolic disorders and their associated complications. These health benefits have been related to different biological activities, such as their well-known antioxidant property, but also their anti-diabetic, anti-obesity, and anti-inflammatory actions, among others. In this regard, it is becoming apparent that phytochemicals can modulate different signalling pathways, which are responsible for these final actions and, therefore, their benefits on health. Phytochemicals are commonly found in the diet. Indeed, because of this wide distribution and their potential effects on health, its consumption could represent a promising protective and therapeutic approach to prevent metabolic diseases and improve health and, therefore, constitutes significant research field. This Special Issue aims to highlight the most recent advances in phytochemicals, phytochemical-rich foods, their extracts, and health-promoting benefits in the context of metabolic disease. This Special Issue of *Nutrients* welcomes the submission of original research articles and reviews.



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# Special Issue



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1. Centro de Investigación  
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de la Obesidad y la Nutrición  
(CIBEROBN), Institute of Health  
Carlos III, 28029 Madrid, Spain  
2. Research Institute of  
Biomedical and Health Sciences  
(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
Centro Hospitalario Universitario  
Insular Materno Infantil (CHUIMI),  
Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

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*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

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