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## Role of Mediterranean Herbs and Spices in Human Health

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### Message from the Guest Editors

Dear Colleagues,

Herbs, spices, and plants are frequently used by people in the Mediterranean basin. Recently, there is great interest in the dietary use of Mediterranean herbs and spices for the sensory property improvement in foods and for their beneficial effect on human health. Mediterranean herbs and spices contain a high quantity of bioactive compounds, such as anthocyanins, flavonoids, phenylpropanoids, and terpenes, and may exert antioxidant, anti-inflammatory, anti-carcinogenic, or anti-diabetic activities. Moreover, the addition of herbs and spices to food products is suggested as a strategy for the improvement of flavor perception in patients with gustatory and olfactory dysfunctions.

The aim of this Specific Issue is to extend the current knowledge on the health benefits of traditional culinary and medicinal Mediterranean herbs and spices. For this purpose, we invite colleagues to share their recent research on this topic. Original research articles, review articles, and short communications are invited.



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# Special Issue



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