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The Effects of Phytochemicals on Health Benefit

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Message from the Guest Editors

Dear Colleagues,

Phytochemicals in vegetables and fruits are considered to be responsible for health benefits. Dietary phytochemicals are inversely associated with the risk of several chronic diseases, such as cancer, cardiovascular diseases, diabetes mellitus, and osteoporosis. Recently, it has also been reported that some phytochemicals may enhance brain function and antiaging. Phytochemical metabolism is interesting as well. It is known that recent clinical effectiveness of phytochemicals on health benefits might be due to their metabolites by the intestinal microbiota. This Special Issue focuses on the antioxidant defenses, anti-inflammatory efficacies, and estrogenic activities of phytochemicals including their metabolites, and how phytochemicals contribute to health benefits and antiaging, especially in lowering the risk of metabolic syndrome, locomotive syndrome, brain function, and so on. Furthermore, we should discuss and elucidate their mechanisms, because those are not all the same.

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Guest Editors



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Special Issue



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