

Special Issue

New Trends in Nutritional Therapy for Antiaging Management

Message from the Guest Editors

Anti-aging therapies aim to delay the cellular aging process, in order to increase not only lifespan, but especially the age at which the first chronic diseases appear. Nutrition is an essential element in maintaining optimal health, and is also a factor that can significantly influence the aging process. Anti-aging therapy emphasizes the use of an adequate diet that counteracts the effect of free radicals, ensures optimal detoxification of the body, reduces inflammatory processes, strengthens the immune system, provides essential nutrients for stimulating regenerative processes, and prevents caloric excess.

This Special Issue will also focus on the physical, chemical, and biological characterization of bioactive compounds and natural products, in addition to exploring their applications in food industry, medicine and pharmacy. The structure–property relationships of food constituents are necessary to establish a correlation between nutrition, foods, or supplements and life quality.

Theoretical and experimental contributions in the form of full-length original research articles, literature reviews, and short communications are kindly welcome.

Guest Editors

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Deadline for manuscript submissions

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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