

## Special Issue

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

### 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.

### Guest Editors

Prof. Dr. Xinlin Wei

Dr. Yang Wei

Prof. Dr. Liang Zhang

### Deadline for manuscript submissions

closed (20 March 2023)



## Nutrients

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*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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