

Special Issue

Polyphenols in Foods and Their Impact on Human Health and Diseases

Message from the Guest Editor

Polyphenols, abundant in a wide variety of plant-based foods such as vegetables, fruits, and beverages, have attracted significant attention due to their potential antioxidant and anti-inflammatory properties. As well as these well-known benefits, they influence a broad spectrum of physiological processes, playing a critical role in combating lifestyle-related diseases.

However, many aspects of polyphenols and their physiological effects remain unexplored, presenting an exciting opportunity to uncover new insights into their potential for improving health and preventing disease.

For this Special Issue, we invite researchers from diverse disciplines to contribute original studies and reviews that explore the intricate mechanisms and effects of polyphenols. We welcome investigations employing *in vitro*, *in vivo*, and human clinical models that delve into the connections between polyphenol-rich diets and human health.

We invite you to join us in advancing this vital area of research and sharing findings that could pave the way for innovative approaches to health and wellness.

Guest Editor

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Deadline for manuscript submissions

closed (25 October 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/225059

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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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