

Special Issue

Sensory Nutrition and Health Impact on Metabolic and Brain Disorders

Message from the Guest Editor

The interplay between sensory nutrients has gained considerable attention for enhancing stress resilience in health and disease. Sensory nutrition, including food extracts, polyphenols and bioavailable polyphenol-combined nanoparticles, as well as vitamin C, vitamin E, vitamin D and omega-3 fatty acids, have shown to improve blood–brain barrier (BBB) permeability, intestinal epithelial barrier (IEB) and blood renal barrier (BRB) homeostasis and ultimately brain function, thus inhibiting oxidative stress, inflammation and neurotoxicity linked to the pathogenesis of metabolic and nervous system disorders. This Special Issue aims to collect original research and review articles focused on sensory nutrition targeting several cellular and molecular pathways to regulate impaired tight junctions and epigenetic alterations, and explore the underlying mechanisms using innovative in vitro and in vivo technologies for the development of promising protective strategies and precision and personalized nutritional therapies in order to prevent or attenuate oxidative stress, apoptosis and inflammation, and subsequently promote human health.

Guest Editor

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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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