

Special Issue

Effects of Phytochemicals on Human Health

Message from the Guest Editor

Phytochemicals, in which “phyto” means “plant” in Greek, are secondary metabolites produced by living plants to protect themselves against environmental hazards. Increasing study demonstrated that phytochemicals provide considerable beneficial effects in many ways. For example, phytochemicals could serve as cofactors or inhibitors of enzymatic reactions, substrates for biochemical reactions, scavengers of reactive or toxic chemicals and growth factors for beneficial gastrointestinal bacteria. Some phytochemicals showed anticancer properties through reducing inflammation and blocking compounds from becoming carcinogens. In addition, certain phytochemicals can decrease oxidative damage to prevent various chronic diseases. In this context, a Special Issue summarizing recent advancement that focus on the relationship of phytochemicals with human health would be very interesting to the readers. This Special Issue will provide new insights towards the understanding of the role of dietary phytochemical in human health. I encourage authors to submit their original research on this attractive topic.

Guest Editor

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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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