

Special Issue

The Effect of Plant Extracts on Metabolic Syndrome

Message from the Guest Editors

The global interest in plant-based therapies and nutraceuticals has surged, driven by their potential to promote health and prevent disease. This Special Issue will focus on the health benefits of plant extracts, emphasizing their bioactive compounds, mechanisms of action, and clinical relevance. Plant extracts contain a diverse range of phytochemicals, such as polyphenols, alkaloids, flavonoids, and terpenoids, which have demonstrated antioxidant, anti-inflammatory, antimicrobial, and other bioactive properties. Emerging research highlights their role in mitigating chronic diseases, including cardiovascular, neurodegenerative, metabolic, and inflammatory disorders. We invite original research articles, systematic reviews, and meta-analyses exploring the isolation, characterization, and health impacts of plant-derived compounds. Studies addressing challenges in bioavailability, synergistic effects, and innovative delivery systems are also encouraged. This Special Issue aims to provide a comprehensive platform for advancing the understanding of plant extracts as functional ingredients in nutrition, medicine, and health promotion.

Guest Editors

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Dr. Maria Vittoria Morone

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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