

Special Issue

Effects of Dietary Polyphenols on Metabolic Syndrome

Message from the Guest Editor

Metabolic syndrome, a cluster of interrelated metabolic abnormalities including insulin resistance, dyslipidemia, hypertension, and abdominal obesity, has emerged as a global health challenge, significantly increasing the risk of cardiovascular disease, type 2 diabetes, and other chronic conditions. As the prevalence of this syndrome continues to rise, due to modern lifestyles, sedentary behaviors, and unhealthy dietary patterns, there is an urgent need for effective strategies to prevent and manage it. These dietary polyphenols, found in various foods and beverages, possess diverse biological activities, such as antioxidant, anti-inflammatory, and lipid-lowering effects, which may contribute to the prevention and amelioration of metabolic syndrome. This Special Issue aims to compile cutting-edge research exploring the effects of dietary polyphenols on metabolic syndrome. We invite original research articles, reviews, and perspectives that delve into the mechanisms of action, efficacy, and potential applications of these ingredients in the context of metabolic syndrome.

Guest Editor

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Deadline for manuscript submissions

15 January 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/242995

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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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