

## Special Issue

# Phytochemicals: Emerging Approaches to the Fight Against Aging and Aging-Related Diseases

### Message from the Guest Editors

Population aging has become a global issue. Aging is a gradual and irreversible pathophysiological process, with declines in tissue and cell functions, and represents the dominant risk in various aging-related diseases.

Typical aging-related diseases, such as neurodegenerative diseases, cardiovascular diseases, metabolic diseases, musculoskeletal diseases, and immune system diseases, pose a serious threat to human health and a challenge to the development of effective intervention strategies. In recent years, increasing evidence has emerged indicating that phytochemicals (plant-based bioactive compounds) are beneficial in delaying individual aging and reducing the occurrence of age-related diseases, rendering them a promising anti-aging approach. Contributions to this Special Issue should further explore the fields of phytochemicals in aging and aging-related diseases and provide a theoretical and molecular basis for developing new strategies for human health and treating aging-related diseases. We welcome well-designed research articles and reviews on these, and related, topics, especially at the molecular level.

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### Deadline for manuscript submissions

closed (25 June 2025)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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### Editors-in-Chief

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