

Special Issue

Polyphenols, Bioavailability and Human Health

Message from the Guest Editor

Polyphenols, also known as phenolic compounds, are widely distributed in various plants with one or more aromatic rings bearing at least a hydroxyl substituent. Until now, polyphenols have been demonstrated to reveal lots of health benefits, such as antioxidant, anti-inflammatory, anti-diabetic, anti-cancer activities, etc. However, the bio-efficacy of polyphenols is limited due to their low bioavailability, which is closely related to gastrointestinal tract stability, intestinal absorption rate, and bio-distribution. Therefore, how to increase the bioavailability and effectively play the functional activity of polyphenols causes more and more concerns nowadays. This Special Issue is focused on the bioavailability and health benefits of polyphenols with broad potential topics, including, but not limited to the development of delivery systems for polyphenols, investigation of tissue distribution, and human health of polyphenols. Original research articles and up-to-date reviews are welcome to be submitted.

Guest Editor

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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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