

## Special Issue

# Polyphenol-Rich Foods on Human Health and Diseases

### Message from the Guest Editor

Unlocking the potential: Polyphenols, abundant in various plant-based foods like vegetables and fruits, possess remarkable antioxidant and anti-inflammatory properties. Beyond this, they exhibit a spectrum of physiological effects known to combat lifestyle-related diseases. Yet, there is a veil shrouding the full scope of polyphenols' physiological impacts. Exploring the intricate workings and mechanisms underlying polyphenols' effects further will be a gateway to advancing health and wellness. This Special Issue aims to delve deeper into the dynamic interplay between polyphenol-rich diets and human health, inviting studies utilizing in vitro and/or in vivo models alongside human clinical trials to shed light on this vital connection.

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### Guest Editor

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### Deadline for manuscript submissions

closed (15 September 2024)



## Nutrients

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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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