

Special Issue

Polyphenols: Exploring the Potential Health Benefits and Beyond

Message from the Guest Editors

The class and amount of polyphenols in foods can vary depending on several factors. For instance, the location where food is cultivated, the way it is farmed and transported, the grade of maturation, and the cooking method. This class of phytochemicals offers various health benefits. Several research have conducted studies to evaluate their health consequences. Thus, regular consumption of these compounds is thought to protect against developing cardiovascular disease and type two diabetes, and even certain types of cancer. It is also believed to improve brain health and digestion. They also contribute to improving insulin resistance, lipid profiles, and blood pressure. Their role in the elimination of reactive oxygen species (ROS), which are instigators of several illnesses, has also been established. Phenolic compounds are also known to affect the gut microbiota composition, which converts polyphenols into bioactive compounds with important therapeutic effects. This Special Issue of *Nutrients* entitled “**Polyphenols: Exploring the Potential Health Benefits and Beyond**”, welcomes original research and reviews of the literature concerning this important topic.

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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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