

Special Issue

Carotene and Carotenoids and Human Health

Message from the Guest Editor

β-carotene, α-carotene, lycopene, β-cryptoxanthin, zeaxanthin, lutein, curcumin and crocin are the main carotenoids in the human body. Many studies revealed a negative association between dietary intake of carotenoids and the risk of incidence of cancer, cardiovascular diseases and eye diseases. Moreover, they can improve skin endurance and cognitive functions in elderly subjects. Carotenoids have antioxidant properties and some their pro-health effects can be attributed to this activity. However, these lipid soluble pigments have other fascinating properties. For example, they can influence cell cycle progression, nuclear receptors, transcriptional complexes, growth factors signaling pathways, proliferation of lymphocytes B and T, activity of inflammatory cells and biosynthesis of variety of cytokines. Therefore, currently, carotene and carotenoids are the subject of numerous clinical, epidemiological and experimental studies. Original papers, reviews, meta- analyses and commentaries on the above issues and also on carotene and carotenoids dietary intake, absorption, metabolism and elimination in the human body are welcome.

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Deadline for manuscript submissions

closed (30 July 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/83735

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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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