

Special Issue

Health Benefits of Bioactive Natural Constituents – Prevention and Treatment of Cardiovascular Disease

Message from the Guest Editor

Preparations exerting both antioxidant and anticoagulant activities based on safe natural substances are continuously sought after for their potentially wide range of health benefits in the prevention and treatment of cardiovascular disorders. Natural bioactive substances with both antioxidative and hypo-cholesterolemic properties have been found to be effective in preventing the formation and/or progression of atherosclerosis. Oxidative stress associated with the presence of an excess of pro-oxidants, including free radicals, can cause the oxidative modification of lipids and proteins in the components of the hemostatic system (blood plasma and platelets) and can increase its reactivity (increased clotting). Such changes in vascular hemostasis contribute to various pathological conditions of the cardiovascular system, such as thrombosis and atherosclerosis.

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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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