

Special Issue

Dietary Bioactive Compounds and Human Health and Disease

Message from the Guest Editor

Bioactive compounds are non-nutritional components derived from vegetable foods and beverages. In the last decades, their consumption has been related to the prevention of multiple pathologies through several mechanisms that include the reduction of oxidative stress and the inhibition or enzymatic activation or the modulation in the expression of certain genes. The improvement of analytical techniques has allowed the scientific community to identify these compounds in foods to deepen the mechanisms that relate them to health. This Special Issue welcomes original studies as well as review articles examining the impact of bioactive compounds on health and disease. Epidemiological, interventional studies, systematic reviews and meta-analyses are welcome in this effort.

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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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