

Special Issue

Dietary Bioactives and Human Health

Message from the Guest Editors

Bioactive compounds in foods have been gaining interest for their potential role in the protection and promotion of human health, reducing numerous risk factors for chronic degenerative diseases. Compounds, such as polyphenols, carotenoids, and glucosinolates, can be involved in protection against oxidative stress, inflammation, vascular dysfunction, dysbiosis and metabolic dysregulation. The demonstration of such effects can be challenging since numerous factors (linked to food/diet characteristics, host and environment) may play a significant role. For this reason, reliable, science-based information is difficult to assemble, and often there is not a single compound–single effect relation. Based on these premises, increasing knowledge on dietary bioactive efficacy in the protection and promotion there is a need of studies focused to demonstrate causality for bioactive compounds and/or their metabolites and human health.

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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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