

Special Issue

The Role of Health Benefits of Plant Extracts in Reduction of Rescue Medication

Message from the Guest Editor

Plants produce a variety of phytochemicals with unique physical and chemical properties. It is widely believed that the consumption of natural compounds such as phytochemicals can prevent inflammation, oxidative stress, metabolic dysregulation, and vascular dysfunction, as well as reduce multiple risk factors for non-communicable diseases, including obesity, diabetes, cardiovascular and neurological diseases, and certain types of cancer. Based on these premises, there is an urgent need for research to evaluate the effects of plant extracts from different areas of knowledge. In addition, if more herbal extracts with anti-inflammatory effects are available, it is possible to reduce the use of rescue medications such as nonsteroidal anti-inflammatory drugs (NSAIDs), paracetamol, and synthetic opioids.

In this Special Issue, we welcome studies on any of the above aspects to expand knowledge on the effects of phytochemicals and their enriched products (phytomedicines, raw foods, processed foods, functional foods, food supplements, plant powders, plant by-products, medicinal plants) on human health and diseases.

Guest Editor

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About the Journal

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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