

Special Issue

Polyamines in Food and Health: Recent Findings and Novel Developments

Message from the Guest Editors

Polyamines are functional compounds that are ubiquitously present in all living organisms, but relatively little is known about them. Polyamines (i.e., spermine, spermidine, and putrescine) have multiple biological functions and may have beneficial effects on health. In the early stages of life, polyamines play a key role in intestinal maturation and the development of the immune system. During aging, these compounds are involved in cell apoptosis processes and the prevention of DNA methylation, potentially acting as healthy-aging bioactive compounds. Polyamines also have the ability to act as antioxidants and anti-inflammatory compounds, with reported effects in the prevention of cardiovascular diseases and metabolic syndrome, neurodegenerative motor disorders, and dementia. The aim of this Special Issue is to review the state of the art and generate new insights on the occurrence of polyamines in foods, assessments of their dietary intake, and potential techno-functional applications of polyamines in foods. Articles studying the potential health effects of polyamines are also within the scope of this Special Issue, including in vitro, preclinical, and clinical approaches.

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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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