

Special Issue

Isoflavone Intake and Human Health

Message from the Guest Editor

Isoflavones are natural polyphenols that can be found in great amounts in several legumes. These substances act as signal molecules in plants and as phytoalexins. Because legumes had to resist to predation over time, they developed an arsenal of antinutritional factors and defense molecules. Isoflavones belong to this last category and cause effects in consumers of legumes. From the 1960s, a large set of scientific articles were published about both their beneficial and deleterious effects in animals and humans. These effects should be re-examined today, since it was recently demonstrated that human exposure to these active substances rose dramatically with the industrialization of soy processing.

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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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