

## 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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