

Special Issue

Olive Oil and Brain Health: Neuroprotection and Cognitive Function

Message from the Guest Editors

Olive oil, a vital component of the Mediterranean diet, is well known for its numerous health benefits, many of which are attributed to its high concentration of monounsaturated fats and bioactive compounds. Recent research has suggested that olive oil may play a role in preventing neurodegenerative diseases, such as Alzheimer's disease, and enhancing cognitive function. We seek original research, comprehensive reviews, and short communications that shed light on how olive oil consumption affects brain health. The key topics include, but are not limited to,

- The impact of bioactive components of olive oil on neuroinflammatory pathways.
- Olive oil and its role in preventing or slowing the progression of neurodegenerative diseases.
- Effects of olive oil consumption on cognitive function, memory, and learning in various populations.
- Mechanistic insights into the interaction of olive oil components with brain cells and structures.
- Olive oil in diets: correlations with cognitive decline prevention and brain health maintenance in aging populations.
- Comparative studies on different types of olive oil and their specific effects on brain 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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