

Special Issue

New Insights of Polyphenols in the Treatment and Prevention of Chronic Diseases

Message from the Guest Editor

Polyphenols are the main phytochemicals in people's diet, and they exist in many fruits, vegetables, and plant-derived products. At present, they have been found to have many health-promoting activities, including protection against cardiovascular diseases, as well as their anti-carcinogenic, anti-inflammatory, anti-obesity, anti-diabetes and anti-oxidant properties. However, it is estimated that only about 5% of the total polyphenol intake is absorbed in the small intestine. The remaining 90% may accumulate in the large intestinal lumen where they are subjected to the enzymatic activities of the gut microbial community. These findings indicated that the digestive system may be the main target of polyphenols, for example, inhibiting the digestion and adsorption of nutrients, reshaping the gut microbiome and regulating the enzymatic activities of the gut microbial community.

Guest Editor

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Deadline for manuscript submissions

closed (20 March 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/177829

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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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