

Special Issue

Effects of Phytochemicals on Gastrointestinal Disorders

Message from the Guest Editor

Phytochemicals are vital for gastrointestinal health, thanks to their anti-inflammatory and antioxidant properties, and they enhance gut health through multiple pathways, promoting barrier integrity, microbial balance, and immune regulation. They can influence key signaling pathways involved in oxidative stress and inflammation in conditions like gastritis, gastric ulcers, IBDs, IBS, and gastrointestinal cancer, and their bioavailability and efficacy are influenced by interactions with the gut microbiome, either directly or via metabolite production. Preclinical and clinical studies show that polyphenols, flavonoids, terpenoids, and other phytochemicals can help alleviate intestinal disorders, but more research is needed to understand their mechanisms, optimal dosing, and long-term effects for safe and effective interventions. This Special Issue seeks original research and review articles exploring phytochemicals' effects on gastrointestinal health, welcoming studies on mechanisms, efficacy evaluations, and interactions with the gastrointestinal ecosystem.

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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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