

Special Issue

Impact of Phytochemical Intake on Chronic Disease

Message from the Guest Editor

In recent years, chronic disease prevention is particularly important, especially the role of dietary intervention has received extensive attention. Recent research has shown that phytochemical intake plays an important role in the prevention and treatment of chronic disease. Several food ingredients possess anti-inflammatory and antioxidant biological activities and are the functional factors for regulating body function. Therefore, it is particularly important to seek dietary interventions that can alleviate depression symptoms from the perspective of food and nutrition, thus preventing depression in advance. However, the precise biological target(s) and the actual mode(s) of action are still unexplored, and the traditionally recognized health effects have also been challenged by population-based studies. We aim to provide new insights towards the role of natural products in maintaining and promoting human health, especially in the prevention of chronic disease, and focus on the selection of evidence-based reviews and original laboratory research with high-quality advanced knowledge.

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Deadline for manuscript submissions

closed (15 September 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/197948

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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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