

## Special Issue

# Positive Effects of Phytonutrients on Human Health

### Message from the Guest Editor

Phytonutrients are found mostly in fruits and vegetables and include carotenoids, polyphenols, and phytosterols. Current research on phytonutrients shows that many provide positive effects on human health. Whilst there are already many published studies on these health benefits, there are still many unexplored aspects of the benefits of phytonutrients, such as dose, duration, form of delivery required, and population effects, particularly for a clinically significant benefit in humans worldwide. Additionally, data are missing on which phytonutrients may be beneficial for preventive measures or treatment strategies alone and which phytonutrients may provide both health benefits. This Special Issue is intended to gather contributions from basic to clinical researchers working in the field of phytonutrients to gain further insights on the benefits of phytonutrients. We also strive to gain further knowledge on what is required to reach clinically significant improvements in human health with regard to the prevention and treatment of disease states. We therefore invite you to submit your latest original research or review articles to this Special Issue.

### Guest Editor

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### Deadline for manuscript submissions

closed (20 December 2023)



## Nutrients

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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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