

Special Issue

The Effects of Phytochemicals on Health Benefit

Message from the Guest Editors

Phytochemicals in vegetables and fruits are considered to be responsible for health benefits. Dietary phytochemicals are inversely associated with the risk of several chronic diseases, such as cancer, cardiovascular diseases, diabetes mellitus, and osteoporosis. Recently, it has also been reported that some phytochemicals may enhance brain function and antiaging. Phytochemical metabolism is interesting as well. It is known that recent clinical effectiveness of phytochemicals on health benefits might be due to their metabolites by the intestinal microbiota. This Special Issue focuses on the antioxidant defenses, anti-inflammatory efficacies, and estrogenic activities of phytochemicals including their metabolites, and how phytochemicals contribute to health benefits and antiaging, especially in lowering the risk of metabolic syndrome, locomotive syndrome, brain function, and so on. Furthermore, we should discuss and elucidate their mechanisms, because those are not all the same.

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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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