

Special Issue

Polyphenols for Health and Sport

Message from the Guest Editor

Polyphenols are important elements of the diet. Most of them have a strong antioxidant effect, which is particularly important in the processes of cleansing and regeneration of the body. These compounds reduce the risk of cardiovascular diseases and cancer. Moreover, a growing body of evidence supports that strenuous physical effort may lead to a substantial enhancement of oxidative stress, which would increase requirements for exogenous antioxidants to strengthen antioxidant defence system in athletes. Polyphenol supplementation may limit or even prevent the exercise-induced tissue damage and help the athletes to recover from damage. However, the choice of polyphenols and its daily intake should be adapted to individual needs.

Guest Editor

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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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