

Special Issue

Phytochemicals in Foods, Plant Extracts, and Nutraceuticals, Their Bioavailability and Integral Health Effects

Message from the Guest Editors

Phytochemicals, abundant in plant-based sources, are increasingly under the spotlight in nutrition research. This diverse group includes (poly)phenols, carotenoids, sulphur compounds, purine alkaloids, and plant sterols, among others. Produced by plants in response to various stresses, these bioactive compounds hold significant potential for optimizing human health and preventing chronic diseases. Despite the limited bioavailability described for most phytochemicals, they have shown promising effects on cardiometabolic health, ranging from reducing cardiovascular disease risk to improving insulin sensitivity. Furthermore, certain phytochemicals, such as flavonoids and plant sterols, have been integrated into health claims for their beneficial effects on endothelial function and cholesterol levels. However, the heterogeneity of phytochemicals, combined with challenges in studying their bioavailability due to their interaction with the food matrix and metabolic processes, as well as discrepancies in explaining their positive effects on health, necessitate further investigation of this theme.

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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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