

Special Issue

Phytonutrients for Gynecological Diseases: Mechanisms and Health Benefits

Message from the Guest Editor

Phytonutrients—naturally occurring bioactive compounds in plants—have shown great promise in supporting women’s reproductive health and in the prevention and treatment of gynecological diseases. Found in fruits, vegetables, teas, herbs, and spices, these compounds exhibit diverse biological activities, including anti-inflammatory, antioxidant, and hormone-modulating effects. Recent studies highlight their potential roles in managing conditions such as uterine fibroids, endometriosis, polycystic ovary syndrome (PCOS), infertility, menopause, and gynecological cancers (including endometrial and breast cancers). This Special Issue, “Phytonutrients for Gynecological Diseases: Mechanisms and Health Benefits”, invites original research articles, clinical studies, and comprehensive reviews that investigate the molecular mechanisms, therapeutic effects, and health benefits of phytonutrients in gynecological disorders.

Guest Editor

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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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