

Special Issue

Antioxidants in Diet: Metabolic Impacts and Mechanisms of Action

Message from the Guest Editor

What can potentially be a defensive strategy against oxidative damage by reactive oxygen species? The excessive production of reactive oxygen species (superoxide, peroxide, and hydroxyl radical) damages various cellular functions and causes chronic diseases such as diabetes and cancer. Plant phenolic phytochemicals, vitamin C, and vitamin E are antioxidants that decrease oxidative stress by quenching reactive oxygen species. Therefore, edible plants that are rich in phenolic phytochemicals, vitamin C, and vitamin E are beneficial. Considerable evidence showing these phytochemicals are pharmacologically safe but poorly bioavailable in the cells is now available. Large oral doses are safe but are cleared from the system via mechanisms such as glucuronidation. This area needs more attentive research and carries limitless potential in terms of serving as an effective therapeutic for various cancers, diabetes, and obesity.

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Deadline for manuscript submissions

25 November 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/222828

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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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