

Special Issue

Effects of Natural Compounds on Atherosclerosis

Message from the Guest Editors

Atherosclerosis is a multifactorial process influenced by both genetic and lifestyle factors, with diet playing a key role. In recent years, compounds such as omega-3 fatty acids, polyphenols, plant sterols, and berberine have gained increasing scientific and public attention for their cardioprotective properties, including beneficial effects on body weight, lipid and glucose metabolism, and blood pressure control. Many of these bioactive molecules have been isolated from natural sources and are widely available as dietary supplements. Given the growing recognition of the synergistic interactions within the food matrix, whole foods such as green tea, nuts, flaxseed, cocoa, and garlic have also been extensively investigated for their protective roles against atherosclerosis. This Special Issue welcomes **original research articles** as well as **review papers**, including systematic reviews and meta-analyses. Submissions are particularly encouraged to critically evaluate the quality of the available evidence and to differentiate between food-derived and supplemental sources, taking into account potential safety or toxicity risks associated with excessive intake.

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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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