

# Special Issue

## Foods, Plant Bioactives and Nutraceuticals for Reducing Cardiometabolic Disease Risk

### Message from the Guest Editors

Cardiovascular diseases (CVDs) are major causes of mortality and disability in Western countries. Prevention is known to be the cornerstone of lessening the incidence of CVDs and reducing the economic burden on both the citizen and the healthcare system.

"Interventional medicine" places lifestyle modification as the first therapeutic step, including a healthy diet and physical activity. Secondly, a large body of research has individuated a number of food and plant bioactives which are potentially efficacious in preventing and reducing some highly prevalent CV risk factors, such as hypercholesterolemia, hypertension, vascular inflammation and vascular compliance. Some lipid- and blood-pressure-lowering bioactives have been studied for their impact on human vascular health, particularly as regards endothelial function and arterial stiffness. In this Special Issue, we invite researchers to contribute original research and review articles focusing on available evidence regarding the effects of food, plant bioactives and nutraceuticals on lipid profile, blood pressure, inflammatory and endothelial markers, and vascular compliance.

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### Guest Editors

Dr. Federica Fogacci

Prof. Dr. Claudio Borghi

Dr. Arrigo Francesco Giuseppe Cicero

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### Deadline for manuscript submissions

closed (25 April 2024)



# Nutrients

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## About the Journal

### 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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### Editors-in-Chief

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