

Special Issue

The Role of Dietary Antioxidants in Healthy Aging

Message from the Guest Editor

The process of aging is characterized by progressive functional and structural decline of the whole organism, leading to death. Oxidative stress, a condition occurring when the production of reactive oxygen species overcomes the cellular antioxidant defenses, is a common marker of aging. To help the organism to reduce oxidative damage it is necessary to enrich the diet with antioxidants contained in food. Dietary molecules such as polyphenols, carotenoids and some vitamins are bioactive compounds found in vegetables, fruits, wine, spices and herbs, and are well known for their antioxidant and radical scavenging activity. The purpose of this Special Issue is to collect and showcase recent findings on the mechanisms by which these molecules can prolong the lifespan and promote healthy aging, with the objective of advancing knowledge in this area. Thus, it is with great pleasure that I invite scientists to take part in this Special Issue with manuscripts describing original research or reviewing the scientific literature on this topic.

Guest Editor

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Deadline for manuscript submissions

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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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