

Special Issue

Berries and Human Health: Mechanisms and Evidence

Message from the Guest Editors

Berry fruits (e.g., blueberry, cranberry, strawberry, raspberry, black currant) have a wide range of nutrients such as fiber, vitamins, minerals, and bioactive compounds like polyphenols. Emerging scientific evidence supports their health-promoting potential against oxidative stress, inflammation, vascular dysfunction, and numerous metabolic dysregulations. However, most of the evidence is derived from in vitro and animal models, while observations from human studies deserve further investigations. The present Special Issue is now open for submission of original research manuscripts focused on dietary intervention studies exploring the role of berries and berry polyphenols in the protection and promotion of human health. In addition, studies on cell culture and animal models devoted to evaluating the molecular mechanisms underpinning the modulation of metabolic and functional activities are encouraged. Finally, systematic reviews and/or meta-analyses investigating the impact of berries in the modulation of risk factors and health outcome are also welcomed.

Guest Editors

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Deadline for manuscript submissions

closed (15 June 2022)



Nutrients

an Open Access Journal
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Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/75916

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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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