

Special Issue

Health Benefits of Dietary Bioactives

Message from the Guest Editor

Phytochemicals and their metabolites are likely particularly important when it comes to improving human health status in relation to welfare disease. Over and above plant-derived components such as macro- and micro-nutrients, bioactive phytochemicals are further demonstrated to exert health beneficial effects. Compounds such as phenols, terpenes, phytosterols, and thiols are important for the prevention of chronic welfare diseases. The physiological effects of phytochemicals are influenced by microbiota and may in turn affect the gastro-intestinal microbiome. This issue aims to publish high-quality scientific papers investigating the effects of these bioactive plant compounds on human health, with a particular focus on clinical research investigating effects on welfare diseases, such as but not limited to type 2 diabetes and cardiovascular diseases. We will consider in vitro, in vivo, and human intervention studies, as well as reviews, systematics reviews, and meta-analyses.

Guest Editor

Dr. Per Bendix Jeppesen

Department of Clinical Medicine, Aarhus University Hospital, Aarhus University, Palle-Juul-Jensens 165, DK-8250 Aarhus, Denmark

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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