

Special Issue

Bioactive Phytochemicals and Their Role in Health Maintenance and Disease Prevention

Message from the Guest Editors

Plant materials and derivatives have been extensively studied for their numerous health benefits. Researchers worldwide have focused on characterizing herbal extracts and identifying plant metabolites with significant biological effects. Many diseases arise from disruptions in natural metabolic processes, leading to cellular imbalance. In vitro and in vivo studies show that bioactive plant compounds can activate cell signaling pathways altered in pathological conditions. Understanding these mechanisms is a key research focus, yet much remains unexplored regarding phytochemicals' roles in health, disease, and special conditions like physical exercise and athletic performance. Phytochemicals show great promise in disease treatment and could offer viable alternatives to existing medicines. We invite researchers interested in phytochemicals and human health to contribute reviews or original research to this Special Issue. Submissions should provide solid evidence supporting the optimal use of phytochemicals, whether for disease management or enhancing physical performance.

Guest Editors

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Message from the Editor-in-Chief

Plants is an open access journal which provides an advanced forum for research findings in areas related to plant function, its physiology, biology, taxonomy, stresses, and its interactions with other organisms. It publishes original research articles, reviews, reports, conference proceedings (peer reviewed full articles) and communications. In original research papers, it is important that full experimental details are provided. We also encourage timely reviews and commentaries on topics of interest to the plant research community.

Editor-in-Chief

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