



Antioxidants in Fruits and Vegetables

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Message from the Guest Editors

Numerous studies have focused on the health-promoting properties of fruit and vegetable antioxidants, together with vitamins and antioxidant enzymes. Studies shown that consumption of fruits and vegetables containing large amounts of non-vitamin low-molecular-weight antioxidants, which might contribute much more to the reduction of free-radical processes than previously thought. The effects of health promotion and reduction of diseases risk may be attributed not only to the effect of individual antioxidants but also result from the synergistic effects of several different compounds present in fruits and vegetables. Additionally, various emerging processing techniques and operations, as well as complex food matrices might alter the stability, bio-accessibility, and bioavailability of antioxidants from fruits and vegetables.

We invite you to submit your latest research findings or review articles to this Special Issue, which will bring together current research concerning antioxidants in fruits and vegetables and the key role that antioxidants play in oxidative stress modulation, gut microbiota regulation, and chronic disease interruption.





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Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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