



Antioxidants in Human Health and Disease

Guest Editor:

Dr. Justyna Godos

Department of Biomedical and
Biotechnological Sciences,
University of Catania, 95123
Catania, Italy

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Message from the Guest Editor

In the last few decades, a significant rise in the prevalence of chronic diseases, such as cardiovascular diseases, cancer, and neurodegenerative diseases underlined by subclinical inflammation and oxidative stress has been observed. Many factors might have contributed to this phenomenon, including dietary, behavioral, and environmental factors. Unquestionably, a transition from healthy dietary patterns characterized by a high intake of antioxidant-rich foods to Western-like dietary patterns characterized by a high intake of processed foods deprived of essential nutrients plays a role in the higher prevalence of chronic diseases. This Special Issue welcomes the submission of original contributions, including experimental studies, clinical trials, and observational studies, as well as reviews of published literature exploring and summarizing the effect of antioxidant-rich foods, individual antioxidants, and their metabolites toward non-communicable diseases, including cardiovascular diseases, cancer, and neurodegenerative diseases or related to conditions such as aging, quality of life, mental health, and sleep disorders.





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Editor-in-Chief

**Prof. Dr. Alessandra
Napolitano**

Department of Chemical
Sciences, University of Naples
"Federico II", Via Cintia 4, I-80126
Naples, Italy

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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Antioxidants Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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