



Antioxidant Activity of “Polyphenolic Food” and Human Health

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Message from the Guest Editor

Polyphenols are the most abundant antioxidants in our diet. Despite their wide distribution, the health effects of dietary polyphenols have only recently come to the attention of nutritionists. The consumption of food rich in phenolic compounds, i.e., polyphenolic food, represents a promising therapeutic approach to prevent many chronic diseases and improve health.

Thus, due to this “large portfolio” of beneficial effects, polyphenol extracts are always an interesting field of research. We believe that this Special Issue, “Antioxidant Activity of Polyphenolic Food and Human Health”, will help to highlight the most recent advances in all aspects of polyphenols, their extracts, and health-enhancing benefits. This issue will bring together current research and critical thinking on the different actions exhibited by polyphenols extracts with ascertained antioxidant activity on the abovementioned critical situations.

This Special Issue of Antioxidants welcomes the submission of research articles, review articles, systematic reviews, and meta-analysis and short communications.

We look forward to your contributions.





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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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