



Health Beneficial Effects of Plant Beverages: From In Vitro to In Vivo Evidence

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Message from the Guest Editors

Non-alcoholic, non-dairy, plant-based beverages, comprise a growing segment of functional foods development worldwide. They stand out for a wide range of bioactive compounds comprising polyphenols, carotenoids, plant sterols, glucosinolates, and antioxidant vitamins with potential health benefits. New and advanced non-thermal processing technologies as well as fermentation may better preserve and even improve aspects of bioaccessibility and bioavailability in such beverages, which are important steps for their bioactivity. Thus, concerted efforts in applied research in functional beverages is required in coming years to prepare tailor-made plant beverages with proven health-promoting effects.

This Special Issue is intended to provide updated information through research papers and high-quality reviews on all aspects of the in vitro or in vivo biological activities of plant beverages in the fields of antioxidant and anti-inflammation activity, cancer prevention, and reduced occurrence of heart disease, neurodegenerative disease, and Alzheimer's disease, etc.

