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## Polyphenol-Rich Foods on Human Health and Diseases

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### Message from the Guest Editor

Dear Colleagues,

Unlocking the potential: Polyphenols, abundant in various plant-based foods like vegetables and fruits, possess remarkable antioxidant and anti-inflammatory properties. Beyond this, they exhibit a spectrum of physiological effects known to combat lifestyle-related diseases. Yet, there is a veil shrouding the full scope of polyphenols' physiological impacts. Exploring the intricate workings and mechanisms underlying polyphenols' effects further will be a gateway to advancing health and wellness.

This Special Issue aims to delve deeper into the dynamic interplay between polyphenol-rich diets and human health, inviting studies utilizing in vitro and/or in vivo models alongside human clinical trials to shed light on this vital connection.

Dr. Akiko Kojima-Yuasa  
*Guest Editor*



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