



Plant-Derived Bioactive Polyphenols, Polysaccharides, Proteins, and Peptides, and Their Health Benefits

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Message from the Guest Editors

Consumers are becoming increasingly aware of the benefits provided by plant-based diets beyond basic nutrition. Bioactive polyphenols, polysaccharides, proteins, and peptides are seen as the main reason for the beneficial effects of plant-based foods due to their various biological activities obtained from the findings of in vitro and in vivo studies, including antioxidant, anti-inflammatory, antidiabetic, anti-obesity and lipid-lowering, and anticancer activities.

In addition, these functional components might evade the digestion of the upper gastrointestinal tract, thus reaching the intestine intact to interact with the gut microbiota. In this context, the gut microbiota can convert bioactive components into microbial-derived metabolites, which promote the health of the host by targeting tissues and gut microbiota.

We are inviting contributions from scholars working on the health benefits of plant-derived bioactive polyphenols, polysaccharides, and peptides, including their molecular mechanisms and potential prebiotic activity in human diseases. Contributions can be original research articles or up-to-date reviews (systematic reviews and meta-analyses).





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