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Phytomedicine, Mediterranean Diet and Prevention of Aging and Age-Related Diseases

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Message from the Guest Editors

Dear Colleagues,

It is a great pleasure to welcome you to contribute to this Special Issue of *Nutrients*, which will be released as part of the First International Conference on “Phytomedicine, Mediterranean Diet and Prevention of Aging and Age-Related Diseases”.

The conference and forthcoming papers will serve as an international forum for the presentation and discussion of current basic and clinical research in the field of phytomedicine and the Mediterranean diet.

This Special Issue of *Nutrients*, entitled “Phytomedicine, Mediterranean Diet and Prevention of Aging and Age-Related Diseases,” aims to highlight the nutritional and therapeutic properties of argan oil, saffron, thyme and their nutrients as well as the Mediterranean diet’s role in the prevention of aging and in the treatment and prevention of various age-related diseases and diseases of civilization. We are seeking articles from outstanding experts in the following fields: cardiovascular diseases, hypertension, type 2 diabetes, ocular diseases, metabolic syndrome, obesity, neurodegenerative diseases (Alzheimer’s, Parkinson’s), cancer and others.



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Special Issue



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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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