



The Role of Dietary Antioxidants in Healthy Aging

Guest Editor:

Dr. Rocco Rossano

Department of Sciences,
University of Basilicata, 85100
Potenza, Italy

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Message from the Guest Editor

Dear Colleagues,

The process of aging is characterized by progressive functional and structural decline of the whole organism, leading to death. Oxidative stress, a condition occurring when the production of reactive oxygen species overcomes the cellular antioxidant defenses, is a common marker of aging. To help the organism to reduce oxidative damage it is necessary to enrich the diet with antioxidants contained in food. Dietary molecules such as polyphenols, carotenoids and some vitamins are bioactive compounds found in vegetables, fruits, wine, spices and herbs, and are well known for their antioxidant and radical scavenging activity. The purpose of this Special Issue is to collect and showcase recent findings on the mechanisms by which these molecules can prolong the lifespan and promote healthy aging, with the objective of advancing knowledge in this area. Thus, it is with great pleasure that I invite scientists to take part in this Special Issue with manuscripts describing original research or reviewing the scientific literature on this topic.

Dr. Rocco Rossano

Guest Editor





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1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
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3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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MDPI, St. Alban-Anlage 66
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