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The Role of Resveratrol on Human Health

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Message from the Guest Editor

In the last decade, lifestyle changes in dietary patterns have been identified as a strategy for preventing and treating chronic diseases. In this context, polyphenols have emerged as natural compounds with wide-ranging beneficial effects against several chronic diseases. Resveratrol, a non-flavonoid polyphenol stilbene synthesized by plants, possesses anti-inflammatory, anti-tumorigenic and antioxidant properties, which point it out as a potential useful tool to prevent or treat chronic diseases.

This Special Issue of *Nutrients*, entitled “The role of Resveratrol on Human Health”, welcomes the submission of manuscripts reporting both original research or reviewing the scientific literature. Articles presenting (both positive and negative) results from clinical trials testing resveratrol interventions in healthy humans or suffering different diseases are welcome. Basic reports identifying the molecular mechanisms involved in resveratrol beneficial effects against chronic diseases are also suitable.



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Message from the Editorial Board

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