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Aging, Natural Bioactive Compounds and Non-communicable Chronic-Degenerative Diseases

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Life expectancy has significantly increased over recent decades; concurrently, the global geriatric population is expanding at an exponential rate and is expected to continue growing in the coming years. In parallel, the prevalence of chronic non-communicable diseases (CNCDs)—including chronic kidney disease, diabetes mellitus, arterial hypertension, cardiovascular pathologies, and neurodegenerative diseases, many of which are age-related—is steadily rising, thereby imposing a substantial burden on national healthcare systems. Given this context, the identification of innovative and complementary strategies aimed at delaying the onset of comorbidities and enhancing the quality of life in older adults has become increasingly important. Natural bioactive compounds, which are food-derived molecules with a favorable safety profile, have emerged as promising adjunctive agents in the prevention and clinical management of CNCDs. Among these, polyphenols have attracted particular attention, as accumulating evidence indicates their antioxidant, anti-inflammatory, and anti-aging properties.



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