



foods



Special Issue Reprint

The Benefits of Plant Extracts for Human Health

www.mdpi.com/books/reprint/3296

Edited by
Charalampos Proestos

ISBN 978-3-03943-851-8 (Hardback)

ISBN 978-3-03943-852-5 (PDF)



Nature has always been, and still is, a source of food and ingredients that are beneficial to human health. Nowadays, plant extracts are increasingly becoming important additives in the food industry due to their antimicrobial and antioxidant activities that delay the development of off-flavors and improve the shelf life and color stability of food products. Due to their natural origin, they are excellent candidates to replace synthetic compounds, which are generally considered to have toxicological and carcinogenic effects. The efficient extraction of these compounds from their natural sources and the determination of their activity in commercialized products have been great challenges for researchers and food chain contributors to develop products with positive effects on human health. The objective of this Special Issue is to highlight the existing evidence regarding the various potential benefits of the consumption of plant extracts and plant-extract-based products, with emphasis on *in vivo* works and epidemiological studies, the application of plant extracts to improving shelf life, the nutritional and health-related properties of foods, and the extraction techniques that can be used to obtain bioactive compounds from plant extracts.



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