



***nutrients***



*Special Issue Reprint*

## **Effect of Phenolic Compounds on Human Health**

[www.mdpi.com/books/reprint/4872](http://www.mdpi.com/books/reprint/4872)

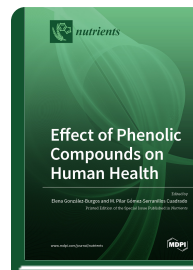
Edited by

Elena Gonzalez-Burgos

M. Pilar Gómez-Serranillos Cuadrado

ISBN 978-3-0365-2898-4 (Hardback)

ISBN 978-3-0365-2899-1 (PDF)



Phenolic compounds are non-essential dietary compounds that are found in many vegetables (i.e. onion, cabbage, broccoli and parsley), fruits (i.e. cherries, grapes, berries and pears), cereals and beverages (i.e. red wine, tea and chocolate). These heterogeneous compounds are produced as secondary metabolites. Structurally, these compounds are characterized by comprising an aromatic ring with one or more hydroxyl groups that can be classified into two groups: flavonoids and non-flavonoids. Phenolic compounds have received considerable attention for its health-promoting properties in many chronic disorders including diabetes, cardiovascular diseases, cancer and neurodegenerative diseases, among others. These health benefits are mainly attributed to its antioxidant properties. Phenolic compounds act as antioxidant by scavenging free radicals, metal chelation and endogenous antioxidant system upregulation (enzymatic antioxidants such as catalase, superoxide dismutase and glutathione peroxidase and non-enzymatic antioxidants such as glutathione).

The consumption of exogenous medicinal plants and food rich in phenolic compounds represent a promising therapeutically to prevent many chronic diseases and improve health. This Special Issue entitled “Effect of Phenolic Compounds on Human Health” include research articles and review articles on phenolic compounds and its role in health (i.e. flavonoids and diabetes, polyphenols and liver diseases, polyphenols and obesity, polyphenols and cardiovascular diseases and polyphenols and neuroprotection).



Order Your Print Copy

You can order print copies at

[www.mdpi.com/books/reprint/4872](http://www.mdpi.com/books/reprint/4872)

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



## Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



## Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



## High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



## High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



## Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.