



## Clinical Studies on Bioavailability, Biotransformation, Biokinetics and Bioeffects of Phytochemicals

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### Message from the Guest Editor

Dear Colleagues,

The health-promoting effects of phytochemicals strictly depend on their oral bioavailability, which, in turn, relies on i) the individual biotransformation systems; ii) the chemical structure and properties of each compound; and iii) the complexity of the plant matrix consisting of seeds, leaves, and so on. After intake, bioactive compounds have to be absorbed, distributed, and metabolized before reaching the target tissues and cells; finally, the metabolites of native compounds are excreted in urine and feces, mainly as water-soluble conjugates. The gastrointestinal tract, the systemic circulation, and the urinary system are involved in these complex and coordinated biotransformation processes including enterohepatic circulation, and Phase I and Phase II metabolisms in enterocytes and hepatocytes. Finally, phytochemicals not absorbed in the small intestine reach the large intestine where they are biotransformed by the colonic microbiota. Plant metabolites are recognized as xenobiotics by the human organism, and therefore, they are extensively metabolized.





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