



## Catechin in Human Health and Disease

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### Message from the Guest Editor

Dear Colleagues,

Catechins are natural polyphenolic compounds that are distributed in a variety of foods and herbs. Tea (*Camellia sinensis*) is a rich source of catechins, especially epigallocatechin-3-gallate (EGCG), which has many biological activities beneficial for human health. These include anti-cancer, anti-obesity, anti-diabetic, anti-cardiovascular, anti-infectious, hepatoprotective, and neuroprotective effects. In addition, detailed molecular mechanisms have been proposed for the action mechanism of tea's major catechin EGCG. One of the most attractive mechanisms is the one in which reactive oxygen species (ROS) is involved. Catechins and their oligomeric derivatives are also found in apples, persimmons, cacaos, grapes, berries, and so on. However, less information on biological activities of other catechin compounds has been available as compared with EGCG.

This Special Issue is devoted to promotion of the understanding of association of catechins and human health. Research articles and reviews related to catechin compounds to reveal their health effects and their mechanistic aspects are welcomed for inclusion in this Special Issue.





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## Message from the Editor-in-Chief

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