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## Polyphenols and Polyphenol-Rich Foods in Neurodegenerative Disorders

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### Message from the Guest Editor

The global burden of neurodegenerative disorders is rising, and current research is focusing on the exploration of the basic pathology of neurodegenerative diseases to develop a disease-modifying therapy or a cure. Meanwhile, a great deal of attention has been paid to modifiable risk factors, including social, environmental, and dietary risk factors which possibly could be implicated in the prevention of neurodegenerative disorders. Among dietary factors, adherence to traditional plant-based dietary patterns characterized by high intake of bioactive nutrients such as polyphenols has been shown to exert favorable effects toward brain health.

Therefore, the aim of this Special Issue is to increase and summarize evidence on the effects of polyphenols and polyphenol-rich foods toward neurodegenerative disorders. Both observational and molecular studies, as well as reviews of published literature exploring and summarizing the effect of polyphenol-rich foods, individual polyphenols, and their metabolites toward neurodegenerative disorders, and related outcomes such as sleep will be welcome.



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# Special Issue



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