



## Phytochemicals in Nutrition and Health

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Are soy isoflavones neuroprotective? Just how different is one species of Echinacea from another? Which phytochemicals will be effective as therapeutic agents in vivo? Supported by solid scientific research, *Phytochemicals in Nutrition and Health* helps provide answers to these and other probing questions concerning the mechanisms of action associated with beneficial phytochemical groups. It examines new areas such as the efficacy and safety of medicinal herbs, the use of biotechnology to manipulate and enhance the phytochemical profiles of various plants, and the pharmacokinetics of phytochemicals in humans.

The editors also expand discussion presented in their previous books on phytochemicals. They explore new research on phytochemicals in the *Vaccinium* family (cranberries, blueberries and bilberries), wine, and oilseeds, and the biological activity of Echinacea in humans. Additional chapters present new information about isothiocyanates, lycopene, carotenoids other than beta-carotene, tocotrienols, and phytoestrogens. Highlighting phytochemicals that have significant potential for promoting health or preventing disease, *Phytochemicals in Nutrition and Health* expands discussions of appropriate research methodologies and new technologies in this exciting field.

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