

## REVIEWS

<b>A Comprehensive Look at the Possibilities of Edible Insects as Food in Europe – A Review.</b> <i>J. Mlcek, O. Rop, M. Borkovcova, M. Bednarova</i> .....	147
<b>Does SIRT-1 Mediate Calorie Restriction and Prolong Life? – A Mini Review.</b> <i>A. Kordala, B. Pietrzak</i> .....	159

## ORIGINAL PAPERS

<b>Amaranth Seeds and Products – The Source of Bioactive Compounds.</b> <i>D. Ogradowska, R. Zadernowski, S. Czaplicki, D. Derewiaka, B. Wronowska</i> .....	165
<b>Chemical Composition of Royal Jelly and Effects of Synbiotic with Two Different Locally Isolated Probiotic Strains on Antioxidant Activities.</b> <i>Z. Nabas, M.S.Y. Haddadin, J. Haddadin, I.K. Nazer</i> .....	171
<b>Influence of Polyphenol Extract from Evening Primrose (<i>Oenothera Paradoxa</i>) Seeds on Proliferation of Caco-2 Cells and on Expression, Synthesis and Activity of Matrix Metalloproteinases and Their Inhibitors.</b> <i>K. Szewczyk, U. Lewandowska, K. Owczarek, D. Sosnowska, S. Gorlach, M. Koziolkiewicz, Z. Hrabec, E. Hrabec</i> .....	181
<b>Effects of Dietary Addition of a Low-Pectin Apple Fibre Preparation on Rats.</b> <i>B. Fotschki, A. Jurgoński, J. Juśkiewicz, K. Kołodziejczyk, M. Sójka</i> .....	193
<b>Effect of Red Wine Consumption on Serum Oxidation and Adiponectin Levels in Overweight and Healthy Individuals.</b> <i>M. Karadeniz, Y.D. Akçay, H.K. Yıldırım, C. Yılmaz, E.Y. Sözmen</i> .....	201
<b>Instruction for Authors</b> .....	209