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The Benefits of Food Extracts for Human Health

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Message from the Guest Editors

Dear Colleagues,

Given the growing research in relation to nutrition and health, certain commodities, such as bioactive-compound-rich fruits and vegetables (BCs), have emerged as having potential health advantages. Foods have long been thought to contribute to health promotion due to their bioactive compounds. The efficient recovery of these BCs, as well as the determination of their effectiveness in marketed goods have been significant obstacles for researchers and food chain participants seeking to produce products that benefit human health. In addition, food extracts are good candidates to replace synthetic substances, which are often thought to have toxicological and carcinogenic consequences due to their natural origin.

The goal of this Special Issue is to highlight existing evidence regarding the various potential benefits of food extract consumption, with a focus on *in vivo* studies and epidemiological studies, bioavailability and bioaccessibility, and the use of food extracts to improve the nutritional and health-related properties of foods.



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Special Issue



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Message from the Editor-in-Chief

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