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Nutrition, Nutraceuticals and Bioactive Compounds in the Prevention and Fight against Inflammation

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Message from the Guest Editors

Nowadays, the topic of natural products and their different applications is very hot and debatable. We might see numerous papers presenting different properties of nutraceuticals and/or food supplements in different at risk patients. Only well-established and designed prospective studies, randomized controlled trials with relatively high numbers of patients, meta-analyses and post-marketing consumer data, with special emphasis on real-world data, might give us the whole picture of both the effectiveness and safety of nutraceuticals, and might allow to select the group of patients that might really benefit from them. The pandemic has shown that we have hundreds of different data on possible application of nutraceuticals in COVID-19 patients, in the end with most of them without any real clinical benefit. Therefore we need to all apply for better data for nutraceuticals, as it is the only way to finally establish them as a solid part of the recommendations for different chronic diseases, which is especially important now, when we have enormous health debts linked to cardiovascular and oncological diseases especially.



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