



## Functional Foods and Food Supplements

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### Message from the Guest Editors

Dear Colleagues,

This special issue aims to provide new findings and information to readers with respect to healthy foods and biologically active food ingredients. Studies on the chemical, technological, and nutritional characteristics of healthy food ingredients will be taken into consideration as well as analytic methods for monitoring their quality. New findings concerning the bioavailability and the mechanism of action of food bioactive compounds will be considered. Studies on the rational design of potential new formulations both of functional foods and of food supplements will be welcome.

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*Guest Editors*





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## Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal Applied Sciences has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

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