

Special Issue

Recent Trends in Nutraceutical and Dietary Supplement

Message from the Guest Editors

Over recent years, interest in nutraceuticals and their provision of health benefits has grown significantly, becoming a valid alternative to modern medicine. Thanks to their phytochemical composition, nutraceuticals can be regarded as a tool of considerable importance for maintaining health, by acting against various disease conditions and thus promoting quality of life. Explosive growth, research developments, quality assurance, and regulation will play a vital role in improving products already on the market. The most common forms of functional foods and nutraceuticals are available as traditional folk medicines. The high consumption of nutraceuticals and supplements as food supplements could mislead consumers' eating habits in order to unbalance the intake of macro- and micronutrients. However, it is important to note that the current legislation is unclear and not very stringent on nutraceuticals. In the global market, nutraceuticals and functional foods have become a multi-billion dollar industry, and estimates suggest that the nutraceuticals and functional foods industry has the potential to grow.

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Deadline for manuscript submissions

closed (31 December 2022)



Applied Sciences

an Open Access Journal
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Impact Factor 2.5
CiteScore 5.5



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