

Special Issue

Functional Foods and Natural Products: Bioactive Compounds and Beneficial Effects on Health – Volume II

Message from the Guest Editors

Over the last years, the intake of food products composed of artificial compounds/additives has motivated many discussions owing to the potential adverse effects of these substances on consumer health. Therefore, many food companies have started to substitute these additives (chemically produced or chemically modified after extraction) with natural equivalents in order to meet current consumer expectations of safer and healthy foods. In this sense, functional foods and natural products are constituted of several compounds. Furthermore, many of these possess bioactive properties, such as antioxidant, anti-inflammatory, antimicrobial, antitumoral, and numerous supplementary properties. Bioactive compounds are chemical components that have been described as containing vitamins, minerals, fibers, sugars, and phenolic compounds with activities potentially beneficial to health, protecting against inflammatory chronic diseases such as diabetes, as well as cancers, ageing, and other conditions. Therefore, these bioactive molecules can be used as food supplements or additives for many foods to protect and promote health.

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