

Special Issue

Nutraceuticals, Functional Foods and Health Effects

Message from the Guest Editors

Functional foods (natural, processed or conventional) contain known/unknown bioactive compounds, in defined, effective, and non-toxic amounts, that provide a clinically proven and documented health benefit for the prevention, management, or treatment of viral and chronic diseases. Nutraceuticals, on the other hand, are foods that provide the body with medical or health benefits, including nutrients for the prevention and treatment of a disease. Although currently a small scientific field, functional foods and nutraceutical science is rapidly growing, as studies show that functional food products can help manage chronic disease and promote overall wellness. Therefore, this Special Issue is aimed at exploring the health benefits of functional foods and nutraceuticals for the prevention, care and management of chronic conditions. Myths and controversial results relevant to the topic would also be welcome. This will help validate and confirm the health potentials and bioactivity of functional foods and give scientific backing to the various claims for efficacy.

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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.

Editor-in-Chief

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