



Unraveling Healthy Beneficial Effects of Common and New Brand Developed Plant Beverages

Guest Editors:

Dr. Antonio Cilla

Dr. Guadalupe Garcia-Llatas

Dr. Amparo Gamero

Dr. Mónica Gandía

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Message from the Guest Editors

Non-alcoholic, non-dairy, plant-based beverages, such as fruit-, vegetable-, legume-, and cereal-based beverages, and coffee or tea, among others, comprise a growing segment of functional food development worldwide. They stand out due to their wide range of bioactive compounds comprising polyphenols, carotenoids, plant sterols, glucosinolates, and antioxidant vitamins with potential health benefits. New and advanced non-thermal processing technologies as well as fermentation may better preserve and even improve aspects of bioaccessibility and bioavailability in such beverages, which are important steps for their bioactivity. Thus, concerted efforts in applied research in functional beverages is required in the coming years to prepare tailor-made plant beverages with proven health-promoting effects. For this purpose, it is important to consider the evidence provided by mechanistic in vitro (test tube and pre-clinical models in cell cultures) and confirmatory in vivo (considering animal models and gold-standard human clinical trials) assays.

