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## Food Supplements and Nutraceuticals: Current Evidence and Future Perspectives in Human Health

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Deadline for manuscript  
submissions:

**closed (29 February 2024)**

### Message from the Guest Editors

Dear Colleagues,

Food supplements are designed to maintain health and promote recovery from physiological conditions. Their use is consistent with preserving a psychophysiological state free of sickness rather than intervening in the case of illness. Such a preventive approach is much more effective and cheaper compared with that of a cure, and this is even more so the case for nutraceuticals, which can be used to prevent disease and recover from subclinical conditions. Despite this, the concept of using nutraceuticals for such purposes is not yet shared by the scientific community and government bodies.

This Special Issue aims to investigate the role of food supplements on human health and to deepen understanding of the role of nutraceuticals. Submissions in the form of original research articles, reviews, perspectives, systematic reviews, and meta-analyses on the use of nutraceuticals, functional foods or food supplements and their role in food nutrition. We encourage submissions of manuscripts regarding nutritional and functional properties of foods and food supplements.

Dr. Gianluca Rizzo  
Prof. Dr. Gioacchino Calapai  
*Guest Editors*



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# Special Issue



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## Message from the Editor-in-Chief

*Foods* (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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