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## Food Supplements: Composition, Health Benefits, Adulteration, and Safety

Guest Editor:

**Dr. Joana S. Amaral**

Centro de Investigação de  
Montanha (CI MO), Instituto  
Politécnico de Bragança,  
Campus de Santa Apolónia,  
5300-253 Bragança, Portugal

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### Message from the Guest Editor

The consumption of food supplements, known as dietary supplements, has been rising in recent years, driven by consumers' increasing interest in health and wellness. In parallel to this growth, concerns regarding food supplement composition, adulteration, and their health benefits and potential side effects have also become increasingly prominent. Among those, the most common concern is regarding adulterations, i.e., the insufficient amount of functional ingredients and the presence of contaminants such as pesticides, mycotoxins, and heavy metals. Adulterations mainly comprise the botanical adulteration of plant food supplements and the illegal addition of drugs to boost the effect of the product.

In addition, there is still a lack of information on consumption and consumers awareness regarding these products, as well as on several other aspects such as their nutritional properties, bioavailability, potential health benefits, and possible side effects.

This Special Issue aims to address these critical aspects by inviting original research articles, reviews, and perspectives that contribute to our understanding of food supplements and their impact on human health.



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**Special** Issue



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## Editor-in-Chief

### Prof. Dr. Arun K. Bhunia

1. Department of Food Science,  
Purdue University, West  
Lafayette, IN 47907, USA

2. Department of Comparative  
Pathobiology, Purdue University,  
West Lafayette, IN 47907, USA

## Message from the Editor-in-Chief

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*Foods* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

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