

Special Issue

Functional Foods for Health: Natural Active Ingredients and Pharmaceutical Function

Message from the Guest Editors

Several edible plants and products are consumed as functional foods due to their positive physiological effects and expected nutritional benefits. A large body of experimental evidence has suggested their potential as a promising source of natural and safe preventive agents for metabolic syndrome—a cluster of chronic diseases including hypertension, diabetes, dyslipidemia, inflammation, and obesity. Some active principles have been identified, with their diverse physiological functions and mechanisms of action uncovered, but many culinary herbs and spices are still unexplored and await investigation. Undoubtedly, the research in this area encompasses a wide range of topics. For example, the bioavailability, efficacy, and safety of bioactive phytoconstituents require immense attention. In this Special Issue of *Foods*, we welcome the submission of high-quality original research and review articles on all areas of chemistry, biochemistry, pharmacology, bioassays, genetic analysis, and ethnocultural aspects of food plants, including cross-field or multidisciplinary research.

Guest Editors

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Deadline for manuscript submissions

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About the Journal

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.

Editor-in-Chief

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