

Special Issue

Functional Ingredients and Natural Extractions in Foods: Sources, Health Benefits and Disease Prevention

Message from the Guest Editors

The dietary extracts and pure compounds from plant foods possess key human health benefits. The functional approach in deciphering the role of functional food in promoting health benefits by curing multiple illnesses is of prime importance. Extracts and pure compounds are derived from various sources such as plant foods, fruits, seeds, nuts, vegetable, microbes, etc. These sources provide a variety of vitamins, minerals, antioxidants, polyphenols, prebiotics, dietary fibres, fatty acids, and probiotics with health-improving affects. The consumption of function food has a variety of health-improving effects, such as antioxidant potential, immune booster properties, reduced blood pressure, as well as improved cardiovascular and neurological complication. Reports also suggest their role in preventing chronic diseases like cancer and Alzheimer's disease, diabetes, reduced brain function, digestive health support, etc. In conclusion, with the continuous development of food technology, functional ingredients and their extracts are expected to leverage unique advantages and make significant contributions to human health.

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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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