

Special Issue

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

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.

Guest Editor

Dr. Joana S. Amaral

CIMO, Instituto Politécnico de Bragança, Bragança, Portugal

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Foods
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
foods@mdpi.com

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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

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

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