

Special Issue

Use, Quality and Safety of Food Supplements: Scientific and Regulatory Perspectives

Message from the Guest Editors

Food and dietary supplements are consumed globally, but their usage patterns, composition, and safety profiles can differ widely. Thanks to recent progress in analytical chemistry, biochemistry, and regulatory science, we now have more effective tools to verify ingredients, measure active compounds, and detect contaminants or adulteration. Even so, important challenges remain, particularly in achieving unified quality standards, maintaining consistent post-market monitoring, and establishing evidence-based safety thresholds. The reasons for using food supplements, which contain nutrients, biologically active compounds, or plant-based extracts, are shaped by a mix of demographic, lifestyle, and clinical factors. This diversity highlights the importance of incorporating real-world data into the assessments of risks and benefits. This Special Issue invites original research, reviews that explore various aspects of food supplements, ranging from consumption trends to quality control and safety regulation. We welcome contributions on topics such as prevalence, patterns, and attitudes regarding the use of food supplements; interactions between food supplements, foods, and drugs.

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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.

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