

Special Issue

Functional Food: Bridging the Gap Between Nutrition and Health

Message from the Guest Editors

Functional foods, recognized for their ability to enhance health beyond basic nutrition, play a crucial role in addressing contemporary dietary challenges and preventing chronic diseases. Their bioactive components—including phytochemicals (e.g., carotenoids, phenolic compounds, and alkaloids), fiber, vitamins, minerals, peptides, omega-3 fatty acids, and probiotics—interact with molecular targets to modulate physiological processes. These components have the potential to regulate the molecular pathways associated with inflammation, oxidative stress, and gut microbiome dynamics, thereby paving the way for personalized nutrition strategies. This Special Issue, "Functional Food: Bridging the Gap Between Nutrition and Health", aims to highlight advances in understanding how functional foods and their bioactive components contribute to health at the molecular level. We invite original research and review articles exploring interactions between specific bioactive compounds and the biological mechanisms underlying their effects on physiological functions. Manuscripts that integrate clinical or experimental data with detailed molecular analyses are strongly encouraged.

Guest Editors

Dr. Agata Kryczyk-Poprawa

Department of Inorganic Chemistry and Pharmaceutical Analytics,
Faculty of Pharmacy, Jagiellonian University Medical College, 30-688
Kraków, Poland

Prof. Dr. Włodzimierz Opoka

Department of Inorganic Chemistry and Pharmaceutical Analytics,
Faculty of Pharmacy, Jagiellonian University Medical College, 30-688
Kraków, Poland

Deadline for manuscript submissions

31 October 2025



International Journal of Molecular Sciences

an Open Access Journal
by MDPI

Impact Factor 4.9
CiteScore 9.0
Indexed in PubMed



mdpi.com/si/242577

*International Journal of
Molecular Sciences*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijms@mdpi.com

[mdpi.com/journal/
ijms](https://mdpi.com/journal/ijms)





International Journal of Molecular Sciences

an Open Access Journal
by MDPI

Impact Factor 4.9
CiteScore 9.0
Indexed in PubMed



[mdpi.com/journal/
ijms](https://mdpi.com/journal/ijms)



About the Journal

Message from the Editor-in-Chief

The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of Odontostomatologic and Specialized Clinical Sciences,
Sez-Biochimica, Faculty of Medicine, Università Politecnica delle
Marche, Via Ranieri 65, 60100 Ancona, Italy

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, MEDLINE, Embase, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Biochemistry and Molecular Biology) / CiteScore
- Q1 (Organic Chemistry)