

Special Issue

Functional Food Ingredients in Immunity Improvement

Message from the Guest Editor

Functional food ingredients have gained increasing attention as important modulators of human health, particularly due to their potential in enhancing immune function. These bioactive compounds—including vitamins, minerals, polyphenols, peptides, polysaccharides, fatty acids, and probiotics—exert their effects through multiple biological pathways. They can modulate gut microbiota composition, exhibit anti-inflammatory properties, and influence both innate and adaptive immune responses by regulating immune-related signaling mechanisms. As chronic inflammation and immune-related disorders become more prevalent, the role of diet and functional foods in maintaining immune homeostasis is of growing scientific and public interest. This Special Issue for *IJMS* aims to present recent advances in the identification, characterization, and utilization of functional food ingredients with immunomodulatory activity. We invite researchers, scientists, and industry experts from food, nutritional, and health sciences to share their expertise and contribute to this Special Issue.

Guest Editor

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