

Special Issue

Food Bioactive Components in Functional Foods and Nutraceuticals

Message from the Guest Editors

Global interest in functional foods and nutraceuticals has surged dramatically over the past decade and this heightened attention is largely due to the potential health benefits these foods offer, including promoting wellness and preventing illness. Functional foods contain biologically and physiologically active compounds that provide health benefits beyond basic nutrition. These compounds, known as "bioactive compounds", include both nutritive and non-nutritive elements naturally found in food, which have positive effects on the human body, ideally enhancing health. The consumption of bioactive compounds in functional foods has drawn significant interest from researchers because of their beneficial roles in human health. More than ever, functional diets incorporating bioactive ingredients are seen as alternatives to conventional treatments for many diseases. This Special Issue aims to provide comprehensive insights into bioactive food components and their biological mechanisms, based on recent research in the development of functional foods and nutraceuticals.

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