

## Special Issue

# Exploring Bioactive Compounds in Foods and Nutrients for Human Health

### Message from the Guest Editors

In the 5th century BC, Hippocrates, a physician, philosopher, and the man considered the father of medicine, said "Let food be thy medicine and medicine be thy food", a phrase which is used to this day. With the continuous evolution of science and technology, this statement has gained increasing relevance and scientific support. Incorporating bioactive compounds into the diet by consuming foods such as fruits, vegetables, spices, fermented products, and propolis, among others, has emerged as a valuable nutritional strategy. These bioactive compounds include exogenous antioxidants which have anti-inflammatory properties. Furthermore, many of these bioactives are metabolized by the intestinal microbiota, aiding in its modulation and, consequently, promoting overall health. This Special Issue, "Exploring Bioactive Compounds in Foods and Nutrients for Human Health", seeks to bring together cutting-edge research that highlights the roles and health benefits of the bioactive compounds and nutrients found in food. We invite contributions that enhance our understanding of how diet can influence health through biochemical, physiological, and microbiological pathways.

### Guest Editors

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### Deadline for manuscript submissions

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## Molecules

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### Message from the Editor-in-Chief

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