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## The Effect of Bioactive Compounds in Anti-inflammation

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### Message from the Guest Editor

Bioactive food ingredients are understood as compounds that can enhance, weaken, or modify the body's physiological and metabolic functions. The effects of such ingredients may be beneficial or unfavorable.

Chronic inflammation is a symptom accompanying many non-communicable diseases. It seems reasonable to create and use an anti-inflammatory dietary pattern in the prevention and treatment of these diseases. It is a known fact that food can influence the body's inflammation through immunomodulation. However, it is the overall diet that has the greatest impact on the functioning of the body. An anti-inflammatory diet therefore includes both many food components and food products with anti-inflammatory potential and eliminates or recommends limiting the consumption of pro-inflammatory foods. It is considered particularly important when planning a diet to take into account the large supply of raw materials and plant products. The combination of these strategies allows for a cumulative positive effect of the diet on reducing inflammation in the body and thus reducing the risk of the occurrence or severity of lifestyle diseases.



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