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Dietary Bioactive Compounds and Human Health: The Role of Bioavailability

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Message from the Guest Editors

The relationship between dietary bioactive compounds and human health has generated significant interest within both the scientific community and the general public. These dietary phytochemicals encompass a diverse group that offer potential health benefits including antioxidant and anti-inflammatory properties and the potential for prevention/treatment of chronic diseases. However, several factors can affect its solubility and bioavailability, such as molecular structure, effect of the food matrix, transporters, pH variations, and gut microbiota metabolism. Therefore, the role of dietary bioactive compounds' bioavailability becomes fundamental to understanding the potential beneficial effects on human health. Recent alternatives have been applied to improve the absorption and bioavailability of these phytonutrients, including structural modifications, colloidal systems, and nanotechnology. Furthermore, continued research in this field promises personalized dietary recommendations that take into account individual metabolism and genetic factors, allowing for more targeted approaches to nutrition and human health promotion.



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