



## Bioactive Peptides: Challenges and Opportunities

Collection Editor:

**Dr. Carmen Lammi**

Department of Pharmaceutical  
Sciences, University of Milan, via  
Mangiagalli 25, 20133 Milano,  
Italy

### Message from the Collection Editor

Dear Colleagues,

In addition to their nutritional value, food proteins provide numerous health benefits through their impact on specific biochemical pathways. Most of these activities are due to peptides encrypted in the parent protein sequences. In the scientific literature, many food peptides are described as exerting a wide range of activities potentially beneficial to health, e.g., antihypertensive, antioxidant, immunomodulatory, anticancer, antimicrobial, and hypocholesterolemic. The ability of food peptides to mediate many of these functional activities is explained by their very diversified structures. Moreover, some of them also show an intrinsically multifunctional behavior, exerting more than one of the physiological effects mentioned above. However, in order to be active, a peptide masked within a protein sequence needs not only to be released by specific and selective proteases but also to be absorbed at the intestinal level and to enter the circulation to reach the target organs in active form.





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3. Preventive Medicine Service,  
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### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
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*Nutrients* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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