



Impact of Food Additives and Supplements on Gastrointestinal and Systemic Health

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Message from the Guest Editors

As it becomes clearer that gut dysbiosis is implicated in many non-communicable diseases, wide research efforts are currently dedicated to understand the factors that contribute to maintain a healthy microbiota. Diet is one of the key modulators of gut microbiota. The typical composition of the Western diet may itself promote dysbiosis, but there is increasing awareness that also food additives, which are commonly present in processed foods, can exert deleterious effects in the gut. To counterweigh the pitfalls of the Western diet, food supplements, including minerals, vitamins and antioxidants, are commonly used, but poorly characterized as to their interaction with microbiota. Here, we invite experts to contribute to this Special Issue with original research or review articles that investigate the impact of diverse food components (either nutrients or additives) and supplements (either standard or “biotic” supplements) on gut homeostasis, with the ultimate aim of developing safe and cost-effective nutritional interventions as preventive or adjuvant strategies for gastrointestinal and other non-communicable diseases.

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