



## Food Supplements and Functional Foods Assessment for Health and Nutrition

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### Message from the Collection Editors

Dear Colleagues,

The objective of this Special Issue is to publish different types of papers (original research works, up-to-date reviews, etc.) which fit into the wide area of assessment of food supplements and functional foods and its implications in nutrition and health—that is, the characterization of the nutritional composition and phytochemicals of these functional products and its legal issues in terms of labeling, nutrition, and health-related claims and food safety; the evaluation of the functional effects and potential health benefits of particular ingredients (nutrients and bioactive compounds) used in food fortification and the development of new functional products; the study of consumers' perception, behavior, and attitudes towards functional products; the description of food policies (regulatory frameworks, laws, rules, official guidelines); and dietary interventions from the perspective of the prevention of nutrition-related diseases.

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