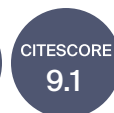




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The Role of Bioactive Compounds in Immunity and Metabolism

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Message from the Guest Editor

Dear Colleagues,

The role of bioactive compounds in immunity and metabolism is a dynamic and evolving field, offering promising avenues for improving health and preventing diseases. Phytochemicals found in fruits, vegetables, and herbs, such as flavonoids and polyphenols, bolster immunity by enhancing the function of immune cells and reducing inflammation. These compounds act as antioxidants, neutralizing harmful free radicals that can compromise the immune system. Moreover, bioactive compounds exert a profound influence on metabolism. They can modulate key enzymes and metabolic pathways, promoting efficient energy utilization and regulating blood sugar levels. Bioactive compounds act as essential mediators in maintaining a robust immune system and a well-balanced metabolism, contributing significantly to our overall well-being.

Continued research, innovation, and collaboration between scientists, nutritionists, pharmacologists, and healthcare professionals will further expand our understanding and application of these compounds in enhancing human health. This Special Issue aims to explore a wide range of bioactive compounds with the objective of influencing immunity and metabolism.



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Special Issue



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