

Special Issue

Herbal Extracts and Phytochemicals: Nutrition, Bioactivity, and Safety Assessment

Message from the Guest Editor

Plants contain essential nutrients, including proteins, lipids, carbohydrates, vitamins, and minerals. These components are used in various physiological processes and thus play a key role in the functioning of the human body. On the other hand, bioactive components such as polyphenols, carotenoids, alkaloids, phenols, terpenoids, phytosterols, saponins, and fiber are also found in plants. Thus, phytochemicals offer a wide range of potential health benefits for humans. This Special Issue will bring together the latest high-quality research on phytochemicals: dietary and plant sources, relevance to health, nutritional and medical research (the impact of bioactive substances in reducing the risk of chronic diseases), mechanisms of metabolism and absorption, bioavailability, interactions, extraction techniques, potential toxicity, and side effects. This research will be useful in developing new functional foods and nutraceuticals in the future.

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About the Journal

Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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