

## Special Issue

# Edible Plants and Their Components as Functional Foods Promoting the Health of the Gut Barrier

### Message from the Guest Editors

Edible plants are sources of macromolecules, vitamins, minerals, and functional compounds, engaged in either homeostatic or pathological processes. These food components interact with gut barrier, which plays a crucial role in homeostasis. For instance, polyphenols and fibers are known to modulate the diverse functions of the gut epithelia, such as the biological barrier, immunity, antioxidant defense, and nutrient transport. Therefore, this Special Issue will gather the most recent findings concerning the compositions of edible plants and derived ingredients with potential roles as functional foods that protect the gut barrier. Collecting novel evidence should prompt the development of innovative functional food and nutraceuticals. The Special Issue welcomes articles and reviews concerning the following topics: - The compositions of edible plants with renewed interest as functional foods; - The formulation and oral delivery of food ingredients from edible plants; - The fates of edible plants and their components at gut level; - The biological roles of edible plants in the gut barrier.

### Guest Editors

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### Deadline for manuscript submissions

closed (30 June 2025)



## Nutrients

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### 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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### Editors-in-Chief

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