

## Special Issue

# Enhancing Human Health Through Plant-Based Dietary Bioactive Compounds

### Message from the Guest Editor

In recent years, there has been an increasing focus on the importance of functional dietary bioactives in fostering health and warding off chronic diseases. These bioactive compounds, naturally occurring in a diverse array of plant-based foods and beverages, have garnered considerable attention for their capacity to improve overall well-being and promote healthier lifestyles. This Special Issue endeavors to delve deeply into the realm of functional dietary bioactives, illuminating their health advantages and scrutinizing the evolving consumption patterns associated with these compounds. All types of studies in the research field are welcome, from in vitro to in vivo experiments, as well as human intervention studies.

### Guest Editor

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### Deadline for manuscript submissions

closed (25 July 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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