

Special Issue

Nutraceuticals' Role in Promoting Human Health and Well-Being: An Evidence-Based Perspective

Message from the Guest Editors

Nutraceuticals are gaining increasing recognition for their significant contributions to human health and well-being. Their bioactive compounds, derived from natural sources, offer promising applications in disease prevention, chronic condition management, and overall wellness enhancement. Within the frameworks of evidence-based medicine, nutraceuticals present an opportunity to complement conventional therapies with targeted interventions. Scientific exploration has described the mechanisms through which nutraceuticals exert their effects, including antioxidant, anti-inflammatory, and immunomodulatory activities. Clinical trials and mechanistic studies underscore their potential to enhance therapeutic outcomes across diverse health conditions, from metabolic and cardiovascular diseases to mental health disorders and age-related decline. Topics of interest include clinical evaluations of efficacy, mechanistic insights, and applications in precision nutrition, clinical prevention, and chronic disease management. Studies on safety, regulatory frameworks, and synergistic effects within integrative medicine are also encouraged.

Guest Editors

Dr. Michele Antonelli

Private Practice for Evidence-Based Integrative and Preventive Medicine, 42025 Cavriago, Italy

Dr. Davide Donelli

Cardiology Unit, University Hospital of Parma, 43121 Parma, Italy

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

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