

Special Issue

Relationship Among Essential Fatty Acids, Medical Herbs and Human Health

Message from the Guest Editor

It is widely acknowledged that incorporating supplementary diets, such as essential fatty acids and a broad spectrum of medicinal herbs, offers numerous benefits to human health. There is growing evidence that bioactive fatty acids and medicinal herbs offer multiple biological benefits to human health. Medicinal herbs contain active compounds that determine their diverse prophylactic/therapeutic behavior against many human diseases. Medicinal herbs have become increasingly important due to their potential beneficial health effects related to their nutritional composition, such as the presence of vitamins, phenols, anthocyanins, flavonoids, and tannins. Therefore, the primary objective of this Special Issue is to compile the most recent research on the dietary impact of both nutrients and non-nutrients containing bioactive compounds, including medicinal herbs on internal organ metabolism in the context of enhancing human health through genetic advancements. Authors are encouraged to submit pertinent review articles, systematic reviews, meta-analyses, and original research contributions for potential inclusion in this Special Issue.

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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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