

## Special Issue

# Bone-Health-Promoting Bioactive Nutrition

### Message from the Guest Editor

Foods that offer health benefits beyond basic nutrition, known as bioactive or functional foods, have been thoroughly studied since the beginning of the 20th century. Minerals, vitamins, antioxidants and phytochemicals boost health, support the immune system and reduce inflammation.

The musculoskeletal system, essential for body support, movement, internal organ protection, blood cell production and mineral storage, could not have remained unaffected by bioactive foods. In recent years, research has increasingly highlighted the potential benefits of functional nutrition in promoting musculoskeletal wellness. Evidence thus far supports the notion that plant- and animal-derived bioactive compounds are promising candidates for improving bone health. However, clinically meaningful long-term effects and the safety of functional compounds in terms of skeletal vitality remain to be determined.

This Special Issue of *Nutrients*, entitled “Bone-Health-Promoting Bioactive Nutrition”, welcomes original pre-clinical and clinical research studies and review articles examining the impact of functional foods and food-based bioactive compounds on bone health.

---

### Guest Editor

Dr. Antonia Sophocleous

Department of Life Sciences, School of Sciences, European University Cyprus, Nicosia 2404, Cyprus

---

### Deadline for manuscript submissions

5 June 2026



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/235108](https://mdpi.com/si/235108)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## 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.

---

### 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

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)