

Special Issue

Anti-inflammatory and Anti-oxidative Effects of Functional Foods

Message from the Guest Editor

Functional foods are gaining wider significance in this era of metabolic diseases. Functional foods not only provide nutrition requirements but also possess health benefits for many diseases. Research interest surrounding functional foods, composition, and their mechanisms of action (involved in promoting human health, protection, and management against different diseases) has grown. The research topic will co-ordinate between diverse groups of researchers to contribute towards the potential health benefits of various indigenous natural products and its sources. This Special Issue is dedicated to exploiting the chemistry, composition, and biological activity of natural products used as ingredients, as well as the formulations and uses of functional foods (which represent a new frontier for therapy and the promotion of human health).

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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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