

## Special Issue

# Bioactive Compounds and Functional Foods in Human Health

### Message from the Guest Editors

Bioactive compounds are important for developing functional foods that provide health benefits beyond basic nutrition. These substances, many of which are sourced from plants, include polyphenols, flavonoids, carotenoids, and vitamins. They have been recognized for their potential in promoting biological processes and contributing to the prevention and management of chronic diseases like cardiovascular diseases, diabetes, and cancer. Numerous studies have examined bioactive substances' anti-inflammatory, anti-carcinogenic, and antioxidant qualities. Functional foods enriched with these compounds can target specific mechanisms, offering a promising approach to disease management and prevention and overall health enhancement. The most recent findings on bioactive compounds and functional foods in relation to human health are highlighted in this Special Issue of *Nutrients*. We invite researchers, scientists, and industry experts from food and nutritional sciences to share their expertise and contribute to this Special Issue.

### Guest Editors

Dr. Vassilis Athanasiadis  
Prof. Dr. Stavros I. Lalas  
Dr. Theodoros G. Chatzimitakos

### Deadline for manuscript submissions

closed (25 April 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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