

Topical Collection

Bioactive Peptides: Challenges and Opportunities

Message from the Collection Editor

In addition to their nutritional value, food proteins provide numerous health benefits through their impact on specific biochemical pathways. Most of these activities are due to peptides encrypted in the parent protein sequences. In the scientific literature, many food peptides are described as exerting a wide range of activities potentially beneficial to health, e.g., antihypertensive, antioxidant, immunomodulatory, anticancer, antimicrobial, and hypocholesterolemic. The ability of food peptides to mediate many of these functional activities is explained by their very diversified structures. Moreover, some of them also show an intrinsically multifunctional behavior, exerting more than one of the physiological effects mentioned above. However, in order to be active, a peptide masked within a protein sequence needs not only to be released by specific and selective proteases but also to be absorbed at the intestinal level and to enter the circulation to reach the target organs in active form.

Collection Editor

Dr. Carmen Lammi

Department of Pharmaceutical Sciences, University of Milan, via Mangiagalli 25, 20133 Milano, Italy



Nutrients

an Open Access Journal
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Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/109340

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

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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.

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 (UIBS), 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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