

## Special Issue

# The Health Benefits of Nutrients and Bioactive Compounds in Functional Foods and Beverages

### Message from the Guest Editor

Functional foods are novel food products that have been carefully developed to incorporate essential nutrients, dietary fiber, bioactive compounds, probiotics, or other substances that have the potential to improve overall health and minimize the risk of various diseases. The functional foods and beverages market is expanding as a result of their positive impact on human health. Consumers have an attraction for food products that are both safe and supported by high-quality research studies. The aim of this Special Issue is to collect significant scientific data regarding the biochemical composition of functional foods and beverages, as well as their confirmed beneficial impacts observed in in vitro and in vivo research studies and clinical trials. As the of this Special Issue, I encourage scientists to publish their experimental and theoretical interdisciplinary research on nutrients and bioactive compounds from functional foods and beverages, with an emphasis on their bioactivity, bioavailability, and biological effects.

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### Guest Editor

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### Deadline for manuscript submissions

closed (5 June 2025)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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