

Special Issue

Natural Food Ingredients for Human Health: New Insights from a Metabolic Perspective

Message from the Guest Editors

In recent years, great attention has been paid to natural food ingredients due to their positive effects on health. Some ingredients, such as vitamins, minerals, polyphenols, probiotics, prebiotics and omega 3, among others, are naturally present in foodstuffs. Although several beneficial effects have been described for human beings, others have only been established in preclinical studies so far. Furthermore, generally, not all key aspects are already well known. It is our great pleasure to invite researchers to provide manuscripts either describing original research or providing an up-to-date review of the scientific literature for a Special Issue of *Nutrients* on “Natural Food Ingredients for Human Health: New Insights from a Metabolic Perspective”. Very welcome will be manuscripts that present recent advances in the knowledge on natural food ingredients’ effects on health, including but not limited to the better understanding of their mechanisms of action, dose-response patterns, bioavailability enhancement strategies, and the study of population-group specific effects, among others.

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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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