

Special Issue

The Role of Bioactive Compounds in Immunity and Metabolism

Message from the Guest Editor

The role of bioactive compounds in immunity and metabolism is a dynamic and evolving field, offering promising avenues for improving health and preventing diseases. Phytochemicals found in fruits, vegetables, and herbs, such as flavonoids and polyphenols, bolster immunity by enhancing the function of immune cells and reducing inflammation. These compounds act as antioxidants, neutralizing harmful free radicals that can compromise the immune system. Moreover, bioactive compounds exert a profound influence on metabolism. They can modulate key enzymes and metabolic pathways, promoting efficient energy utilization and regulating blood sugar levels. Bioactive compounds act as essential mediators in maintaining a robust immune system and a well-balanced metabolism, contributing significantly to our overall well-being.

Continued research, innovation, and collaboration between scientists, nutritionists, pharmacologists, and healthcare professionals will further expand our understanding and application of these compounds in enhancing human health. This Special Issue aims to explore a wide range of bioactive compounds with the objective of influencing immunity and metabolism.

Guest Editor

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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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