

## Special Issue

# Bioactive Compounds in Functional Foods: Mechanisms, Efficacy, and Future Directions

### Message from the Guest Editors

Functional foods have attracted growing attention for their potential to promote health and reduce the risk of chronic diseases beyond basic nutrition. A wide range of bioactive compounds derived from natural food sources—including polyphenols, peptides, polysaccharides, and other metabolites—have been shown to exert diverse biological activities, such as antioxidant, anti-inflammatory, and metabolic regulatory effects. This Special Issue aims to provide updated insights into the identification, mechanisms, and health implications of bioactive compounds in functional foods. A better understanding of these complex relationships will help translate scientific findings into practical nutritional strategies and support the development of functional foods. We invite original research articles and reviews that explore the roles of bioactive compounds in functional foods. Topics include, but are not limited to, their molecular mechanisms and biological functions, interactions with gut microbiota, roles in metabolic regulation and chronic disease prevention, and emerging analytical and multi-omics approaches that advance the understanding of their efficacy and health-promoting effects.

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### Guest Editors

Dr. Weiwei Cui

Dr. Fang Fang

Dr. Tianlin Gao

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### Deadline for manuscript submissions

5 November 2026



## Nutrients

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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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