

Special Issue

The Role of Functional Ingredients in Regulating Health Effects

Message from the Guest Editor

The role of functional ingredients in regulating health effects has garnered increasing attention in the field of nutrition and public health. Functional ingredients are bioactive compounds found in foods that have beneficial effects on health beyond basic nutrition. This Special Issue aims to explore the diverse array of functional ingredients and their impact on human health. Topics of interest include but are not limited to the mechanisms of action of functional ingredients, their role in chronic disease prevention, their effects on specific health outcomes, and their potential application in dietary interventions. By elucidating the mechanisms underlying the health effects of functional ingredients and their practical implications, this Special Issue seeks to contribute to the advancement of nutritional science and public health practice.

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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