

## Special Issue

# Bioactive Microconstituents from Foods, Metabolic Health and the Underlying Molecular Mechanisms

### Message from the Guest Editors

Bioactive microconstituents from foods may offer a variety of benefits for human health. Although much research has been conducted on the effect of bioactive compounds on metabolic health, there is still a lot of research needed on the mechanisms that underly these activities.

This SI welcomes submissions including, but not limited to, the following:

Chemical and dietary characterization of bioactive microconstituents from foods with beneficial actions on metabolic health;

In vitro and animal studies on the elucidation of the molecular mechanisms under which bioactive microconstituents exert their benefits on metabolism;

Human studies, such as bioavailability, postprandial, dietary interventions with the use of these constituents on metabolic health;

Studies on their effects on metagenomic, metabolomic or epigenetic markers associated with metabolic health.

Original research articles, review papers and meta-analyses are welcome and we strongly encourage innovative research methods and approaches that address the sustainability aspects of bioactive microconstituents.

### Guest Editors

Dr. Charalampia Amerikanou  
Dr. Andriana Kaliora  
Dr. Chara Tzavara

### Deadline for manuscript submissions

25 June 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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### Editors-in-Chief

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