

Special Issue

Impact of Phytochemicals on the Gastrointestinal Tract—Implications for Innovative Nutraceutical and Functional Food Development

Message from the Guest Editor

Many plants have a long history of empiric use to treat gastrointestinal ailments, including nausea and emesis, diarrhea, and abdominal pain, among others. One interesting case is *Cannabis sativa*, which, in addition to hundreds of psychotropic and non-psychotropic phytocannabinoids, contains many other interesting phytochemicals. Phytocannabinoids exert their actions through the modulation of the endocannabinoid system, which is broadly distributed in the gastrointestinal tract. However, the full spectrum of pharmacological actions on the gastrointestinal tract of *Cannabis* phytochemicals is far from clear. Furthermore, gastrointestinal effects of these compounds may be modulated by actions on the brain, the immune system or the endocrine system, among others. Phytochemicals found in *Cannabis*, their synthetic or semisynthetic analogues and other cannabinoid-like molecules (such as palmitoylethanolamide) may modify gastrointestinal tract functions and interfere with nutrition. Many of the compounds found in the plant can be considered nutraceuticals and can thus be used for the development of new functional foods able to prevent or improve gastrointestinal symptoms.

Guest Editor

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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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