

Special Issue

Bioactive Peptides from Food Sources: Multi-System Health Benefits and Molecular Mechanisms

Message from the Guest Editors

Food-derived bioactive peptides, originating from plant, animal, and microbial sources, have emerged as promising functional ingredients with significant health-promoting potential beyond their basic nutritional value.

We invite the submission of original research and review articles that investigate the biological activities of dietary peptides across various health domains. Of particular interest are studies elucidating their effects on skeletal muscle protein synthesis and attenuation of atrophy (sarcopenia); the modulation of gut microbiota, barrier integrity, and overall intestinal health; and their impact on immune regulation, anti-inflammatory responses, and oxidative stress. Furthermore, we welcome contributions examining the intriguing gut–brain axis-mediated effects of these peptides on mood and cognitive function, as well as their therapeutic potential in managing heat stress and enhancing skin wound healing processes. This Special Issue seeks to advance our understanding of the mechanisms of action and the translational application of food-derived bioactive peptides in promoting systemic health and preventing chronic diseases.

Guest Editors

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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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