

Special Issue

The Role of Plant, Fungi and Algae Nutritive Compounds in the Management of Health and Disease

Message from the Guest Editors

Malnutrition, the imbalance, excess or deficiency of a person's energy or nutrient intake, affects every country and remains one of the most pressing global health challenges. The health benefits of plant-, fungal- and algal-derived bioactive molecules are well recognised, as many species are rich in essential nutrients such as omega-3 and other health-promoting fatty acids, proteins, complex polysaccharides, minerals, vitamins, and antioxidants. However, knowledge gaps concerning dietary guidelines, the molecular mechanisms underpinning their health benefits and commercial production limit the broader inclusion of plants, fungi and algae or algae-derived molecules, especially in human diets. This Special Issue aims to address these gaps by systematically evaluating the bioresource-derived health benefits of key components and elucidating the molecular basis of their health-promoting effects. This Special Issue also seeks to analyze the market potential and provide recommendations on how to fortify diets with health-promoting nutritional extracts, with the aim of increasing their application in nutritional practices.

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Deadline for manuscript submissions

20 December 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/240668

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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