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## Food Supplements and Functional Foods Assessment for Health and Nutrition

**Edited by: Laura Domínguez Díaz , Montaña Cámara and Virginia Fernández-Ruiz**

Consumers are increasingly seeking food products that offer more than basic nutrients and the satisfaction of appetite. In developed societies, non-communicable diseases associated with unhealthy diets are considered a concerning global public health issue. Food supplements and functional foods are recognized for their role in enhancing nutritional well-being, as well as their role in enhancing individuals' health status and quality of life by reducing the risk of disease and supporting the adequate functioning and maintenance of human organs and systems. In this reprint, an in-depth assessment of functional foods and food supplements through the characterization of their nutritional and functional composition, an evaluation of their impact on nutrition and health, and its legal implications in terms of labeling, nutrition and health claims are presented.

