



Nutrients

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an Open Access Journal by MDPI

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CiteScore: 9.1

Indexed in PubMed

Impact Factor: 5.0

Special Issue Reprint

## Bioactive Compounds and Functional Foods in Human Health

**Edited by: Vassilis Athanasiadis, Stavros I. Lalas and Theodoros G. Chatzimitakos**

This Reprint highlights the importance of bioactive compounds in the development of functional foods that provide health benefits beyond basic nutrition. It brings together recent advances in antioxidants, polyphenols, flavonoids, carotenoids, and vitamins, emphasizing their biological mechanisms and potential in preventing and managing chronic diseases such as cardiovascular disorders, diabetes, and cancer. By bridging fundamental research with practical applications, this Reprint offers a comprehensive view of how functional foods enriched with bioactive compounds can contribute to public health and future nutrition strategies. The collected articles demonstrate the anti-inflammatory, anticarcinogenic, and antioxidant properties of bioactive substances, while also exploring innovative extraction techniques and food technologies. This Reprint will serve as a valuable resource for researchers, practitioners, and policy-makers seeking to advance knowledge and foster innovation in nutrition and health.

