



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

## Dietary Supplements in Human Health and Disease

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This Reprint brings together a curated selection of recent studies investigating the role of dietary supplements and naturally derived bioactive compounds in supporting human health. The contributions examine both potential benefits and safety considerations, with particular attention to mechanisms of action, interactions with physiological and pathological processes, and implications for clinical or functional applications. The articles encompass a broad spectrum of topics, including plant extracts with estrogen-like activity for the management of menopausal symptoms; myo-inositol supplementation for anxiety; epigenetic alterations induced by high-fat diets, highlighting EZH2 as a potential pharmacological target in metabolic dysfunction; and a comprehensive evaluation of the composition, bioaccessibility, pharmacokinetic interactions, and cellular effects of berberine-containing botanicals. Additional studies explore the therapeutic potential of purple corn extract in dry eye disease and the antiadipogenic activity of *Euscaphis japonica* fruit extract in models of adipocyte differentiation. Two further contributions investigate the impact of natural compounds in humans, examining the effect of mulberry fruit extract on postprandial glycemia in individuals with type 2 diabetes and the influence of lutein supplementation—both in free and esterified forms—on visual outcomes in healthy subjects. Together, these studies offer an integrated perspective on the opportunities and limitations of dietary supplements, underscoring the need for rigorous experimental and clinical approaches to assess their efficacy safety in human health.

