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Functional Components and Their Modulation of Metabolism

Guest Editor:

Dr. Yaqiong Zhang

School of Agriculture & Biology,
Shanghai Jiao Tong University,
Shanghai, China

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Message from the Guest Editor

Dear Colleagues,

Functional components are being increasingly recognized to have various potential health benefits on host. Functional components significantly influence the physiological status of the host by modulating their metabolism, such as lipid metabolism, glucose metabolism, bile acid metabolism, energy metabolism, etc. Furthermore, the gut microbiota has been regarded as ‘a metabolic organ’ in the host. It is also increasingly appreciated that some small molecule metabolites produced by gut microbiota are important signaling molecules that mediate the metabolic processes in the host. Therefore, functional components may also modulate the metabolism through the gut microbiota. This Special Issue of *Nutrients* welcomes the submission of original research and systematic reviews, as well as mini-reviews and short communications, related to the structure, composition and dose of functional components that modulate metabolism, their importance in health and well-being maintenance, and their potential to counteract the development of various diseases.



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Prof. Dr. Maria Luz Fernandez

Department of Nutritional
Sciences, University of
Connecticut, Storrs, CT 06269,
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Nutrients Editorial Office
MDPI, St. Alban-Anlage 66
4052 Basel, Switzerland

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