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Natural Products and Bioactive Compounds to Help in the Fight against the COVID-19 Pandemic

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Message from the Guest Editors

The coronavirus disease-2019 (COVID-19), caused by the novel severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), is an acute and contagious disease. It is well-known that one of the strategies to contain the pandemic is based on the strengthening the immune system. An optimal immune response depends on having an equilibrate and adequate nutritional status. Several bioactive compounds ingested daily in the diet may provide remarkable protection against contracting COVID-19. Compounds like vitamins A, C, D and E, phenolic compounds, carotenoids, omega-3 fatty acids, cinnamaldehyde, zinc, selenium, lactoferrin, dietary fiber, and probiotics have been described as having immune-boosting, antiviral, antioxidant, and anti-inflammatory properties. Thus, the consumption of bioactive compounds in the right concentration may help to boost the immune system response, providing both prophylactic and therapeutic support against COVID-19. Therefore, this Special Issue aims to gather the latest evidence on the importance of dietary components in reducing inflammation and oxidative stress, thereby strengthening the immune system during the COVID-19 pandemic.



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Special Issue



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Message from the Editor-in-Chief

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