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Bioavailability and Health Benefits of Bioactive Compounds in Foods

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Message from the Guest Editor

Dear Colleagues,

Bioactive compounds, including polyphenols, carotenoids, vitamins, omega-3 fatty acids, organic acids, peptides, nucleosides and nucleotides, and phytosterols, have attracted great attention due to their role in the prevention of several chronic diseases. Bioactive compounds, naturally present in various foods, offer numerous health benefits, including antioxidant, anti-inflammatory, and anti-carcinogenic properties. However, their effectiveness largely depends on their bioavailability—the proportion of these compounds that can be absorbed and utilized by the body. This Special Issue compiles cutting-edge research and reviews that address the obtention and activity evaluation methods, factors influencing the bioavailability of bioactive compounds, innovative methods to enhance their absorption, and the subsequent health benefits that they provide. By exploring the intricate relationships between food composition, digestion, metabolism, and health outcomes, this Special Issue will bridge the gap between nutritional science and practical recommendations.

Dr. Jorge Carlos Ruíz-Ruíz

Guest Editor



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Special Issue



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Message from the Editor-in-Chief

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