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Dietary Supplements' Quality and Their Role in Health and Disease

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Message from the Guest Editor

Dear Colleagues,

Dietary supplements, which constitute concentrated sources of minerals, vitamins, or other nutritional or biologically active substances such as amino acids, fatty acids, enzymes, and herbal extracts, belong to the food category. By definition, they are intended to supplement the diet with nutrients and/or bioactive compounds and cannot exert a therapeutic effect. They may be visually identical to the pharmaceutical forms of medicinal products because they are marketed in forms such as tablets, capsules, powders, or liquids. Dietary supplements can be beneficial to human health; however, their consumption can also be risky as their quality and effectiveness are not checked before they are marketed. The dietary supplements market is developing very rapidly; thus, there is a need for scientific evidence on their safety, efficacy, and potential effects on human health.

In this Special Issue, we welcome manuscripts across a broad range of topics, but we are particularly interested in original research manuscripts and/or reviews of the current scientific literature concerning dietary supplements' quality and their role in health and disease.



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Special Issue



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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

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