



Botanicals in Human Health

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Deadline for manuscript
submissions:

closed (30 June 2024)

Message from the Guest Editor

Dear Colleagues,

Botanical supplementation has emerged as a focal point in contemporary nutritional science, as researchers continue to explore the intricate relationship between foods, bioactive compounds, and human health. However, the science of supplementation is complex, as interactions between bioactive compounds, nutrient synergies, and individual genetic variability must be considered.

The following topics represent the diverse and evolving landscape of scientific research related to dietary supplementation, bioactive compounds, and human health, and will be the main focus of this *IJMS* Special Issue:

- Biomarkers for dietary assessment
- Gene-nutrient Interactions
- Metabolic pathways and dietary supplementation
- Gut microbiota and metabolism of bioactive compounds
- Safety and efficacy of dietary supplementation
- Natural products from edible plants and fungi
- Whole food supplementation
- Future trends in molecular nutritional science





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Message from the Editor-in-Chief

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