

Special Issue

Functional Food Ingredients in Immunity Improvement

Message from the Guest Editor

Functional food ingredients have gained increasing attention as important modulators of human health, particularly due to their potential in enhancing immune function. These bioactive compounds—including vitamins, minerals, polyphenols, peptides, polysaccharides, fatty acids, and probiotics—exert their effects through multiple biological pathways. They can modulate gut microbiota composition, exhibit anti-inflammatory properties, and influence both innate and adaptive immune responses by regulating immune-related signaling mechanisms. As chronic inflammation and immune-related disorders become more prevalent, the role of diet and functional foods in maintaining immune homeostasis is of growing scientific and public interest. This Special Issue for *IJMS* aims to present recent advances in the identification, characterization, and utilization of functional food ingredients with immunomodulatory activity. We invite researchers, scientists, and industry experts from food, nutritional, and health sciences to share their expertise and contribute to this Special Issue.

Guest Editor

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Message from the Editor-in-Chief

The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

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