



## The Health Benefits of Nutrients and Bioactive Compounds in Functional Foods and Beverages

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### Message from the Guest Editor

Dear Colleagues,

Functional foods are novel food products that have been carefully developed to incorporate essential nutrients, dietary fiber, bioactive compounds, probiotics, or other substances that have the potential to improve overall health and minimize the risk of various diseases. The functional foods and beverages market is expanding as a result of their positive impact on human health.

Consumers have an attraction for food products that are both safe and supported by high-quality research studies. The aim of this Special Issue is to collect significant scientific data regarding the biochemical composition of functional foods and beverages, as well as their confirmed beneficial impacts observed in in vitro and in vivo research studies and clinical trials.

As the Guest Editor of this Special Issue, I encourage scientists to publish their experimental and theoretical interdisciplinary research on nutrients and bioactive compounds from functional foods and beverages, with an emphasis on their bioactivity, bioavailability, and biological effects.

Prof. Dr. Simona Ioana Vicas  
*Guest Editor*





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