



Natural Food Ingredients for Human Health: New Insights from a Metabolic Perspective

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submissions:

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Message from the Guest Editors

In recent years, great attention has been paid to natural food ingredients due to their positive effects on health. Some ingredients, such as vitamins, minerals, polyphenols, probiotics, prebiotics and omega 3, among others, are naturally present in foodstuffs. Although several beneficial effects have been described for human beings, others have only been established in preclinical studies so far. Furthermore, generally, not all key aspects are already well known.

It is our great pleasure to invite researchers to provide manuscripts either describing original research or providing an up-to-date review of the scientific literature for a Special Issue of *Nutrients* on “Natural Food Ingredients for Human Health: New Insights from a Metabolic Perspective”. Very welcome will be manuscripts that present recent advances in the knowledge on natural food ingredients’ effects on health, including but not limited to the better understanding of their mechanisms of action, dose-response patterns, bioavailability enhancement strategies, and the study of population-group specific effects, among others.





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