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The Role of Nutrition and Diet in Immune Regulation

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Message from the Guest Editors

Dear Colleagues,

This Special Issue explores the complex relationship between nutrition, diet, immune cells, and immune regulation, encompassing various methodologies such as *in vivo* and *in vitro* systems, animal models, organoids, oriental herbs, natural polysaccharides, nutraceuticals, functional foods, natural products, prebiotics, probiotics, and human studies. Understanding how nutrition and diet impact immune cell function is crucial for optimizing immune regulation.

This Special Issue enhances our understanding of how nutrition and diet influence immune cell function, providing evidence-based strategies for optimizing immune regulation and overall well-being.



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