



## Preventive and Therapeutic Nutraceuticals

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### Message from the Guest Editor

Dear Colleagues,

Nutraceuticals and functional foods are attracting attention for their potential preventive and therapeutic effects. Over the past few decades, enormous efforts have been devoted to exploring this exciting new topic, and a large body of preclinical and clinical evidence has been collected. In fact, it has been established that adherence to a healthy diet or a diet supplemented with micronutrients (vitamins or minerals) or products isolated from vegetables (including phytosterols or flavonoids) may help in health and the prevention of chronic diseases.

Currently, many components of plants are well recognized for their beneficial health properties, but many components are still awaiting identification and functional characterization for their optimal use by the food and pharmaceutical industries in the development of new and highly effective medicines. Thus, despite much work that has been conducted, there is clearly room for research in this hot area at the basic, clinical, and epidemiological levels.

This Special Issue calls for original research as well as review articles and meta-analyses that consider a non-traditional use of nutraceuticals.





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