



## **Nutraceutical Approaches to Cardiovascular and Metabolic Diseases: Evidence and Opportunities**

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### **Message from the Guest Editors**

Cardiovascular and metabolic diseases are still the major cause of mortality, morbidity and disability worldwide. Their prevention and treatment should take advantage of lifestyle changes and, when appropriate, of pharmacological approaches. These may be integrated by the nutraceutical option, which, according to an increasing number of research papers, appears to be an additional and effective asset in this biomedical field. However, several issues still remain open regarding the efficacy and the safety of nutraceutical products for managing cardiometabolic diseases. Among them, the quality of evidence required to inform guidelines, the quality of nutraceutical products and the related regulatory aspects, and the actual role of probiotics in this area.

These and other critical issues, along with the most robust evidence from clinical trials, will be addressed in this Special Issue of *Nutrients*, which aims to implement a qualified and open evidence-based discussion on the use of nutraceutical products for cardiometabolic health, thus providing an up-to-date set of information useful for basic, translational and clinical readers.





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