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Health-Promoting Effects and Mechanisms of Functional Food Ingredients

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Message from the Guest Editors

With the development of science and technology, as well as the in-depth investigation of food chemicals and biological functions, more attention has been paid to the role of food in health promotion. Most acute and chronic diseases in humans are related to long-term unhealthy diets; therefore, studying the health-promoting effects of the bioactive ingredients of functional foods is of great significance. Using analytical chemistry, molecular biology, cell biology, histopathology and other technologies to study the interaction of functional food ingredients with organism biomacromolecules, gut microbiota, etc., can help us to further explore the mechanisms of active ingredients in the treatment and prevention of diseases (such as cancer, obesity, diabetes and cardiovascular disease) and in health promotion. Constructing targeted delivery systems to improve the bioavailability of functional food ingredients can also reveal the interaction mechanisms and health-promoting effects that occur with the organism at the molecular level, allowing precise nutritional intervention to be achieved.



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Special Issue



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Message from the Editor-in-Chief

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