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Functional Properties and Health Benefits of Bioactive Substances in Plant Foods

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Deadline for manuscript
submissions:

closed (14 April 2024)

Message from the Guest Editor

Dear Colleagues,

The efficiency of Bioactive compounds (BCs) can be affected by several factors, highlighting the important influence of the intestinal microbiota (IM) on the absorption and metabolism of BCs. Also, diet is one of the most important regulators of IM since changes in dietary composition can enhance or inhibit the reproduction of some microbial species, which can have defensive or damaging effects. In addition, IM can synthesize and release a variety of metabolites that are absorbed and transferred into the circulating system, regulate the composition and function of the host's IM, and play important roles in the development and progression of some pathologies.

The primary objective of this Special Issue is to shed light on the existing evidence concerning the numerous potential benefits of consuming plants. We will foreground *in vivo* studies and epidemiological research, as well as investigations into the bioavailability and bioaccessibility of these compounds. Additionally, we will explore how plant compounds can be used to enhance the nutritional and health-related properties of various food products.



mdpi.com/si/188964

Special Issue



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Message from the Editor-in-Chief

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