



Functional Foods as a New Therapeutic Strategy

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Message from the Guest Editor

Dear Colleagues,

Functional foods are a very interesting field that has recently increased its scientific production. Every day, researchers spend their time discovering the new healthy properties of foods. Thus, antioxidant, antihypertensive, anti-inflammatory, and antidiabetic effects, among others, had been demonstrated for these functional foods. These investigations were conducted in both in vitro and/or in vivo systems. The final goal of all these studies is to generate great and solid knowledge to prepare new functional foods that can be used by the human population to improve its lifestyle, without using synthesis-chemical compounds. Thus, functional foods are the present and the future in the prevention of several diseases.

However, there is too much to study yet and to discover. Therefore, this Special Issue of *Nutraceuticals*, entitled “Functional Foods as a New Therapeutic Strategy”, welcomes the submission of original articles or reviews that can improve the knowledge about the beneficial effects of functional foods.

Dr. Ivan Cruz-Chamorro

Guest Editor



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