



## Bioactive Compounds from Food: Nanotechnology Approaches for Improving Human Health

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### Message from the Guest Editors

Food bioactive compounds include a broad class of phytochemicals that are present in vegetables, fruits, and cereal grains and capable of modulating metabolic processes and promoting human health. These compounds have been widely associated with their ability to reduce the risk of diseases. However, their low solubility and bioavailability may decrease their preventive/therapeutic potential. To overcome these challenges, several nano-delivery systems for bioactive compounds have been proposed in recent years. Nanoencapsulated bioactive compounds promote faster absorption and improve their ability to penetrate the mucus layer or directly absorb cells. In this context, investigating novel nanotechnology approaches based on the nanoencapsulation of bioactive molecules that promote human health has greatly interested the scientific community. Thus, this Special Issue of *Nutrients* welcomes high-quality original studies and review articles that examine nanotechnology's impact on improving the effectiveness of delivering food bioactive compounds to improve human health.





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