



## Functional Foods and Human Health

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### Message from the Guest Editor

Functional foods are food products that offer health benefits that extend beyond their nutritional value. They may protect against disease, prevent nutrient deficiencies, and promote proper growth and development. Moreover, these benefits should not only be declared, but proven in clinical trials.

Science and technology go hand in hand in the development of new types of functional foods. The most urgent goal seems to be the work on confirming the impact of bio-active substances. This is important for every individual, as well as for public health. It requires a great deal of work and presents an opportunity for interesting and necessary research for scientists in the fields of biology, food technology, medicine, dietetics, and animal husbandry and agronomy. We expect that many interesting works will be created in this respect, the results of which will be disseminated and published in this special issue.

Prof. Wojciech Kolanowski  
Guest Editor

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## Message from the Editor-in-Chief

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