



## Unveiling the Applications of Bioactive Compounds in Functional Foods for Optimal Human Health

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### Message from the Guest Editors

Dear Colleagues,

Functional foods contain bioactive ingredients, including polyphenols, fatty acids, carotenoids, steroids, and polysaccharides, that provide health benefits beyond basic nutrition. These biochemical compounds possess antioxidant, anti-inflammatory, and other beneficial properties. In this way they contribute to various aspects of human health, including cardiovascular health, immune function, gut health, and disease prevention. Furthermore, incorporating functional foods into the diet could promote overall wellbeing and reduce the risk of chronic disease.

1. Profiling of biochemical compounds in various functional food.
2. Pharmacological properties of bioactive compounds.
3. Application of bioactive ingredients in models.
4. Clinical and epidemiological studies of biochemical compounds.





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## Message from the Editor-in-Chief

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