



## Bioactives and Functional Ingredients in Foods

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### Message from the Guest Editors

Dear Colleagues,

The close relationship between food intake and health promotion is not new, but dates back to Hippocrates' famous "let food be your medicine and medicine be your food", which is still as timely as ever. In recent years, some scientific evidence has supported this statement, showing that dietary plant extracts, or bioactive compounds isolated therefrom, are able to prevent or slowdown chronic and degenerative diseases, making them particularly interesting from a nutraceutical point of view. On the other hand, a deep chemical investigation of functional plant extracts' constituents is needed to rationalize certain bioactivity, and in terms of efficacy and safety.

In the light of above, for this Special Issue both original research and review articles are welcomed that focus on food bioactive and functional constituents, and their role as health-promoting agents, together with extraction/isolation procedures from plant matrices and structure elucidation by means of spectroscopic and spectrometric techniques.

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## Message from the Editor-in-Chief

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