

An Open Access Journal

Editor-in-Chief

Prof. Dr. Christopher J. Smith

Message from the Editor-in-Chief

The development of *Foods*, an on-line open access journal, has been an exciting three years and thanks to the dedication of the editorial team and the members of the editorial board, we have managed to publish four volumes of the journal. The papers contained in these volumes have attracted great interest in terms of downloads and we are sure that the diversity of publications and the research intensity of the submissions will make *Foods* one of the leading open access journals in the area of Food Science. We would be pleased to welcome you as one of our authors, reviewers, readers, and/or editorial staff.

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Special Issue

Nutraceuticals: The New Frontier

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

Well-being is, nowadays, gaining growing attention from people, researchers, and physicians. The main goal is to prevent the onset of pathologic health issues instead of using conventional pharmacological approach unless absolutely necessary. Prevention and well-being are closely linked to the wrong lifestyle and dietary habits, which can determine the onset of illness. Some health conditions can be prevented and treated with the use of nutraceuticals in daily diet. Nutraceuticals are pharmacologically active substances that can be extracted from vegetable or animal products, and concentrated and administered in a suitable pharmaceutical form. A nutraceutical can provide health beneficial effects, e.g., the prevention and/or, in some cases, the treatment of disease. This Special Issue is dedicated to assess the sources, composition, formulation, use, experience in clinical use, mechanisms of action, and clinical data of nutraceuticals, which represent a new horizon for therapy and, at the same time, a valuable tool to reduce the cost of the health care system, addressing resources for the prevention rather than that of pharmacological therapy.

Prof. Dr. Antonello Santini

Guest Editor

| [Special Issue website: mdpi.com/si/5833](http://mdpi.com/si/5833)