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## Updates on the Dietary Bioavailability of Plant Bioactives: Its Potential Advantages, Application, and Overall Health

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### Message from the Guest Editor

Plant-based diets contain a plethora of metabolites that can impact intestinal functionality, morphology, and the microbiome, which may also lead to an impact on overall health and disease prevention. Plant bioactive compounds, when consumed as part of our diet, influence human health. Although much knowledge has been gained, there is still a need for studies to unravel the effects of plant bioactives on intestinal functionality, morphology, the microbiome, and, in particular, the intestinal brush border membrane, the duodenal digestive, and the absorptive surface. Further, additional investigations are needed in regard to the link between dietary plant bioactives and cardiometabolic health at the individual level and the potential alleviation of other physiological conditions, including obesity, the double burden of malnutrition via dietary interventions and by using cutting-edge high-resolution and data-rich holistic approaches. This Special Issue aims to review the prospects of microbiomics, nutrigenomics, nutriepigenomics, and metabolomics to assess the response to plant bioactive consumption while considering interindividual variability.



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# Special Issue



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