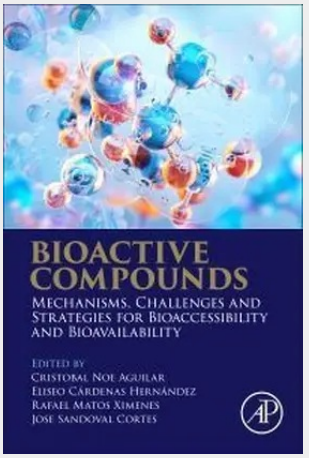
Ximenes / Cortes

Bioactive Compounds

Mechanisms, Challenges and Strategies for Bioaccessibility and Bioavailability



Bioactive Compounds: Mechanisms, Challenges and Strategies for Bioaccessibility and Bioavailability covers nutrition, food science, and pharmacology, elucidating the intricate dynamics of bioactive compounds and their impacts on human health. This comprehensive volume delineates the crucial differences between bioaccessibility and bioavailability, providing insights into their implications for health outcomes. Readers will explore the behavior of key classes of bioactive compounds, including polyphenols, carotenoids, and peptides, as well as their sources and interactions within the food matrix. The book further examines the essential role of gut microbiota in absorption processes, highlighting how these interactions can influence bioactive compound efficacy in the human body. Sections not only discuss the mechanisms of absorption, distribution, metabolism, and excretion (ADME) of bioactive compounds but also introduce cutting-edge tools and strategies designed to enhance their bioaccessibility and bioavailability.

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