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Advances in nutraceutical delivery systems: from formulation design for bioavailability enhancement to efficacy and safety evaluation

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Abstract

Background

Aiming at the enhancement of food products' nutritional and health value, the incorporation of nutraceuticals has attracted increasing interest in the last years. However, they often exhibit low water solubility and stability, limiting their direct incorporation into food products. Also, they show very low bioavailability due to limited bioaccessibility, poor absorption and/or chemical transformation within the gastrointestinal tract. This renders their health benefits extremely difficult to be realized by the consumers.

Scope and Approach

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