

EDITORIAL

Editorial

Dear Reader,

Welcome to the first issue of Volume 2 of Current Nutraceuticals. When I wrote the first Editorial to launch this journal in the pre-Corona days of early 2020, the world was rather different. Wearing a mask in public might have landed you in prison then, as not wearing one certainly could today. Together, we are facing a global pandemic, new problems and challenges.

Sadly, one of our closest cooperation partners and prominent member of the editorial board of Current Nutraceuticals, Prof. Armen Trchounian from Yerevan State University in Armenia, succumbed to Corona in November 2020. Many of us have met Armen at one of the NutRedOx meetings and have enjoyed his company and enthusiasm for science. We shall therefore dedicate this Issue to Armen Trchounian (1956-2020), a great scientist and a good friend. May he rest in peace.

In early April, just before Easter, I have published a short review on Sars-CoV-2 in our town's local Newsletter, the Hasseler Blaedche, in simple language and with the simple message that in the absence of any effective antiviral medications and vaccines, we must rely on our immune system to fight the virus. I want to share a little of that text with you, as it touches on the question of nutrition and health and the fact that our research, albeit by academics, is not just academic.

"Therefore you need your immune system now more than ever, and your immune system needs you. Do something good for it. The recommended walks in the fresh air, sports in our almost new Hasseler Fitness Parcours, plenty of vitamins and minerals, lots of sleep and reduced "stress" for your immune system, for instance from environmental pollutants or other diseases, will help you to get better. An expensive car or a horse are not status symbols of your immune system, so you better be careful first and keep your distance, also in the forest, parking lot and on the pony farm" [1].

Although such public statements may not really change anyone's behaviour directly, and indeed there has been no subsequent raid on my garlic and onion fields in my garden, they are necessary and part of our duty to our community. In fact, nutrition has repeatedly taken centre stage during this pandemic. The British Prime Minister Boris Johnson, for instance, has claimed publicly in the *Times*, a newspaper slightly larger in circulation than the Hasseler Blaedche, that him being overweight had brought him down particularly badly, and some studies have possibly confirmed such a link [2, 3]. And although it would be reckless for any of us to claim that the Sars virus can be beaten simply by adequate nutrition, there is increasing evidence that nutrition has various direct and especially indirect consequences on health. Just consider weight and the immune system, and the role it plays during microbial and viral infections. The topic of nutraceuticals is literally hot.

In this issue, we find a range of excellent contributions on such possible benefits. Starting with a mini-review by Oguz Bayraktar and colleagues considering possible health applications of plant-derived oligomers, we can then indulge in some of the less appetizing adverse effects of natural products, an important and often disregarded topic reviewed by Carla Pires and Ana Fernandes, which should also alert us against excessive or inadequate uses of such natural remedies. The main menu is composed of eight exquisite research articles which also promise considerable excitement, from a report on the synergism between the extract of *Bistorta Amplexicaulis* and gallic acid by Rahman Shah Zaib Saleem and colleagues to a closer look at selected aspects of the many roles vitamins play in human health, authored by Oguz Bayraktar and his group [4, 5]. Talking about synergism, Ahmet Suha Yalçın and colleagues describe the impact of combinations of quercetin and hydrogen peroxide on cells. In the context of delivery, Vijay Sharma and colleagues report floating tables for isabgol and liquorice-based nutraceuticals [6, 7]. Besides such insights into cellular actions and delivery systems, we also find a rich menu of articles on culinary plants to nibble, including a contribution on seeds of *Lepidium Sativum* by Nahed Ahmed Hussien and Ghazwaa Awad Alsulami, and one on local spices and their activities on acetylcholinesterase activity and Alzheimer Disease by Mohammad Iqbal Khan and colleagues [8, 9]. To spice up this issue with attempts to turn entire plants into nanosuspensions, we are joined by Karl-Herbert Schaefer and Cornelia Keck discussing some of the latest developments in our quest to employ nanotechnology to render plant materials, in this case seeds of *Nigella sativa*, and peels from potatoes and carrots rich in antioxidants, respectively, bioavailable and biologically active [10, 11]. Our journal would not be possible without the dedication of our authors, editorial staff and the many reviewers and their always positive attitude and suggestions, and we shall therefore conclude with a warm thank you for their tireless support and help in turning this journal into a success. Enjoy your read!

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