

DIETARY APPROACHES TO ENHANCE DRUG DELIVERY SYSTEMS: A FOCUS ON NANOENCAPSULATION TECHNIQUES

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Abstract:

Nanoencapsulation techniques have emerged as a promising strategy to enhance the bioavailability and efficacy of drug delivery systems. This approach involves the use of nanoscale carriers to protect and deliver active pharmaceutical ingredients (APIs) to specific sites within the body, thereby improving therapeutic outcomes. One innovative avenue to optimize these drug delivery systems is through dietary interventions that complement nanoencapsulation. By incorporating bioactive compounds from natural foods, such as polyphenols, lipids, and proteins, into the nano-carriers, the stability, solubility, and permeability of the encapsulated drugs can be significantly enhanced. These dietary components can act as co-delivery agents, facilitating the targeted release of drugs and enhancing their absorption in the gastrointestinal tract. Moreover, dietary approaches can mitigate the adverse effects often associated with conventional drug delivery methods by promoting a more controlled and sustained release of APIs. The integration of dietary strategies with nanoencapsulation not only offers a means to enhance drug delivery but also aligns with the growing interest in personalized medicine, where dietary habits can be tailored to improve individual responses to drug therapies. This review explores the synergistic potential of dietary components in nanoencapsulation, providing insights into the design and optimization of next-generation drug delivery systems that are more efficient, safe, and patient-centric. The discussion highlights recent advances in the field, challenges faced, and future directions for research, emphasizing the role of nutrition in advancing the efficacy of nanoencapsulation techniques in drug delivery.

Keywords: Drug Delivery Systems, Nanoencapsulation, Dietary Components, Bioavailability Enhancement, Drug Release Kinetics, Mathematical Modeling, Pharmacokinetics, Nano-Carrier Formulation, Polyphenols

I. INTRODUCTION

The advancement of drug delivery systems has been a cornerstone in the development of effective therapeutic strategies. The ability to deliver active pharmaceutical ingredients (APIs) precisely to the intended site of action while minimizing side effects has always been a critical challenge in pharmacology. Traditional drug delivery methods often suffer from limitations such as poor bioavailability, rapid degradation of drugs in the biological environment, and non-

specific distribution that can lead to toxicity in non-targeted tissues. In recent years, the emergence of nanoencapsulation techniques has revolutionized the field of drug delivery, offering new avenues to overcome these challenges. Nanoencapsulation involves the encapsulation of drugs within nanoscale carriers, which can protect the drugs from degradation, enhance their solubility, and facilitate targeted delivery to specific cells or tissues. These carriers, often made from biocompatible materials such as lipids, polymers, or proteins, can be engineered to release the encapsulated drugs in a controlled manner, thus improving therapeutic outcomes.

One of the most promising aspects of nanoencapsulation is its potential to be combined with dietary approaches to further enhance drug delivery. Dietary components such as polyphenols, lipids, and proteins, which are naturally present in foods, have been found to interact with nano-carriers in ways that can improve the stability, bioavailability, and efficacy of encapsulated drugs. For instance, polyphenols, which are abundant in fruits and vegetables, possess antioxidant properties that can protect drugs from oxidative degradation. Similarly, lipids such as those found in omega-3 fatty acids can improve the solubility and absorption of hydrophobic drugs, while proteins can serve as building blocks for the construction of nano-carriers with specific targeting capabilities. The integration of dietary components with nanoencapsulation techniques offers several advantages. Firstly, it provides a means to enhance the bioavailability of drugs, particularly those with poor solubility in water, which is a common issue with many therapeutic agents. By incorporating lipids or other solubilizing agents into the nano-carriers, it is possible to increase the dissolution rate of the drugs in the gastrointestinal tract, thereby improving their absorption into the bloodstream. Secondly, dietary components can serve as co-delivery agents, facilitating the targeted release of drugs to specific sites within the body. For example, certain dietary polysaccharides can be used to construct nano-carriers that are specifically degraded by enzymes present in the colon, allowing for the targeted delivery of drugs to this region. This is particularly useful for the treatment of diseases such as inflammatory bowel disease, where localized drug delivery is critical for therapeutic efficacy.

Moreover, dietary approaches can also help mitigate the adverse effects often associated with conventional drug delivery methods. By promoting a more controlled and sustained release of APIs, dietary components can reduce the likelihood of drug toxicity and enhance patient compliance. This is particularly relevant in the context of chronic diseases, where long-term drug administration is required. The use of dietary components in nanoencapsulation also aligns with the principles of personalized medicine, as dietary habits can be tailored to optimize individual responses to drug therapies. This approach not only enhances the efficacy of drug delivery systems but also contributes to the overall health and well-being of patients by promoting the consumption of beneficial nutrients. The synergy between dietary approaches and nanoencapsulation techniques represents a significant advancement in the field of drug delivery. By leveraging the natural properties of dietary components, it is possible to design drug delivery systems that are more efficient, safe, and patient-centric. This innovative approach holds great

promise for the future of personalized medicine, offering new opportunities to improve therapeutic outcomes and enhance the quality of life for patients worldwide.

II. RELATED WORK

The integration of dietary components with nanoencapsulation techniques has yielded significant advancements in enhancing drug delivery systems. The research in this area focuses on various dietary ingredients, including polyphenols, lipids, proteins, polysaccharides, vitamins, and functional foods, each contributing uniquely to improving drug stability, bioavailability, and targeted delivery [1]. Polyphenol-enhanced nanoencapsulation has demonstrated promising results, where polyphenols are incorporated into nano-carriers to improve drug stability and solubility. These compounds, found abundantly in fruits and vegetables, protect drugs from oxidative degradation and enhance their bioavailability [2]. However, a notable disadvantage is that polyphenols can sometimes interact unpredictably with other drug components, potentially altering the intended therapeutic effects. Lipid-based nano-carriers have been extensively studied, especially the incorporation of omega-3 fatty acids, which significantly improve the solubility and absorption of hydrophobic drugs [3]. This approach is particularly beneficial for treating cardiovascular diseases and cancer. Despite its advantages, the use of lipid-based carriers can lead to issues such as increased complexity in carrier preparation and potential instability of the lipid components in physiological conditions.

Protein-coated nanoparticles have shown that proteins can enhance the targeting and cellular uptake of nano-carriers, making them useful in cancer therapy. While this method increases specificity and reduces off-target effects, the challenge lies in the potential for immunogenicity and the complexity of protein engineering, which may complicate the production and regulatory approval processes [4]. Dietary polysaccharides have been employed to develop nano-carriers with enhanced controlled release and targeted delivery properties [5]. These polysaccharides facilitate the sustained release of drugs, particularly useful for gastrointestinal disease treatments. However, the natural variability in polysaccharide sources can lead to inconsistencies in nano-carrier performance and challenges in ensuring uniformity in drug release. The nanoencapsulation of vitamins has shown improved stability and controlled release, which enhances the therapeutic and nutritional value of these compounds [6]. This method is beneficial for both nutritional supplements and therapeutic applications. On the downside, the complexity of the encapsulation process and the potential for interactions between vitamins and other carrier components may affect the overall efficacy and stability of the delivery system. Combining dietary fats with drug delivery systems has been explored to improve drug bioavailability and therapeutic efficacy, particularly for chronic disease management [7]. While this approach enhances solubility and targeted delivery, the incorporation of dietary fats can sometimes lead to increased systemic toxicity or undesirable interactions with other drugs.

Functional food-based nano-carriers have emerged as a promising avenue, where the natural properties of functional foods are harnessed to improve drug delivery [8]. This integration

benefits preventive and therapeutic health applications by leveraging the synergistic effects of functional foods. However, variability in the bioactive compounds of functional foods and their interaction with drugs can present challenges in achieving consistent results. Flavonoid-loaded nanoencapsulation techniques have shown that flavonoids enhance the therapeutic effects of drugs, particularly in cancer and anti-inflammatory therapies [9]. While this approach improves drug effectiveness, the potential for flavonoid-drug interactions and variability in flavonoid content can complicate the optimization of these nano-carriers. Dietary fiber has been utilized in nano-carriers to provide controlled release and targeted delivery, especially for metabolic disorders [10]. Despite its advantages in drug release control, the integration of dietary fibers can lead to challenges such as the variability in fiber sources and difficulties in ensuring consistent drug delivery performance.

The use of omega-3 fatty acids in drug delivery has been explored for its potential to enhance tissue targeting and reduce systemic toxicity, particularly for cardiovascular and neurodegenerative diseases [11]. While effective, the complexity of formulating these nano-carriers and the potential for omega-3 fatty acid instability in physiological conditions can pose challenges. Antioxidant-rich nano-carriers have demonstrated improved drug stability and protection against oxidative damage, useful for treating oxidative stress disorders [12]. However, the formulation process can be complex, and ensuring the stability of antioxidants within nano-carriers may be challenging. Personalized dietary approaches have been shown to improve the efficacy of drug delivery systems by tailoring therapies to individual dietary habits [13]. While this personalization enhances therapeutic outcomes, it may also increase the complexity and cost of treatment, and the variability in individual responses can complicate the implementation.

Plant-derived compounds have been integrated into nanoencapsulation techniques to enhance drug solubility and bioavailability [14]. This approach is advantageous due to the natural and biocompatible nature of plant compounds, though issues such as variability in plant extracts and potential interactions with drugs can affect consistency. Probiotic-enhanced drug delivery systems have been explored for their ability to improve gut-targeted drug delivery, benefiting gastrointestinal health [15]. The viability of probiotics during encapsulation and potential interactions with drugs can be challenging to manage. Multi-functional nano-carriers have emerged, offering simultaneous drug delivery and diagnostic capabilities, which is advantageous for advanced therapeutic and diagnostic applications. The main disadvantage is the increased complexity in designing and producing multi-functional carriers, which may also lead to higher costs and regulatory challenges.

Table 1: Related Work

Scope	Methods	Key Findings	Application	Advantages
Polyphenol-enhanced	In vitro assays, nanoscale	Polyphenols improve	Drug delivery for oxidative stress-	Enhanced drug stability and

nanoencapsulation	characterization	stability and solubility of encapsulated drugs.	related conditions.	bioavailability.
Lipid-based nano-carriers	Lipid nanoparticle synthesis, pharmacokinetic studies	Omega-3 fatty acids enhance the solubility and absorption of hydrophobic drugs.	Treatment of cardiovascular diseases and cancer.	Improved drug solubility and targeted delivery.
Protein-coated nanoparticles	Protein engineering, cellular uptake studies	Proteins improve cellular uptake and targeting of nano-carriers.	Targeted drug delivery for cancer therapy.	Increased specificity and reduced off-target effects.
Dietary polysaccharides in nanoencapsulation	Polysaccharide-based carrier development, drug release studies	Polysaccharides enhance controlled release and targeting of drugs.	Gastrointestinal diseases treatment.	Controlled and sustained drug release.
Nanoencapsulation of vitamins	Nano-carrier fabrication, bioavailability testing	Vitamins can be effectively encapsulated and released in a controlled manner.	Nutritional supplements and therapeutic applications.	Enhanced stability and absorption of vitamins.
Combination of dietary fats and drugs	Lipid nanoparticle formulation, in vivo studies	Dietary fats improve the bioavailability and therapeutic efficacy of drugs.	Chronic disease management.	Enhanced drug efficacy and patient compliance.
Functional food-based nano-carriers	Functional food extraction, nano-carrier design	Functional foods improve the performance of	Preventive and therapeutic health applications.	Synergistic effects with drugs,

		drug delivery systems.		improved therapeutic outcomes.
Flavonoid-loaded nanoencapsulation	Flavonoid extraction, nano-formulation, efficacy studies	Flavonoids enhance the therapeutic effects of encapsulated drugs.	Cancer and anti-inflammatory therapies.	Improved drug effectiveness and reduced side effects.
Dietary fiber in nano-carriers	Fiber-based carrier preparation, release kinetics	Dietary fibers provide controlled release and targeted delivery.	Drug delivery for metabolic disorders.	Improved drug release control and metabolic targeting.
Omega-3 fatty acids in drug delivery	Nano-carrier synthesis, bio-distribution studies	Omega-3 fatty acids enhance drug delivery to target tissues.	Cardiovascular and neurodegenerative diseases.	Enhanced tissue targeting and reduced systemic toxicity.
Antioxidant-rich nano-carriers	Antioxidant incorporation, stability studies	Antioxidants stabilize nano-carriers and protect drugs from degradation.	Therapeutic applications for oxidative stress disorders.	Improved drug stability and protection against oxidative damage.
Personalized dietary approaches	Custom nano-carrier design, clinical trials	Personalized diets improve the efficacy of drug delivery systems.	Personalized medicine and chronic disease management.	Tailored therapies and improved patient outcomes.
Plant-derived compounds in nanoencapsulation	Extraction of plant compounds, nano-carrier formulation	Plant compounds enhance drug solubility and bioavailability.	Treatment of chronic and lifestyle-related diseases.	Natural and biocompatible enhancements to drug delivery.

Probiotic-enhanced drug delivery	Probiotic incorporation, in vivo testing	Probiotics improve the targeted delivery of drugs to the gut.	Gastrointestinal health and related disorders.	Enhanced gut-targeted delivery and microbiome benefits.
Multi-functional nano-carriers	Multi-component nano-carrier design, performance evaluation	Multi-functional carriers offer simultaneous drug delivery and diagnostic capabilities.	Advanced therapeutic and diagnostic applications.	Multifaceted approach for improved therapeutic and diagnostic outcomes.

In summary, while the integration of dietary components with nanoencapsulation techniques offers numerous advantages, including improved drug stability, bioavailability, and targeted delivery, it also presents challenges such as variability in component quality, potential interactions, and increased complexity in formulation and production. Addressing these disadvantages is crucial for optimizing these advanced drug delivery systems.

III. Design and Formulation of Nano-Carrier System

The first step involves designing and formulating a nano-carrier system that integrates dietary components to enhance drug delivery. Initially, dietary components such as polyphenols, lipids, and proteins are selected based on their potential to improve drug stability and bioavailability.

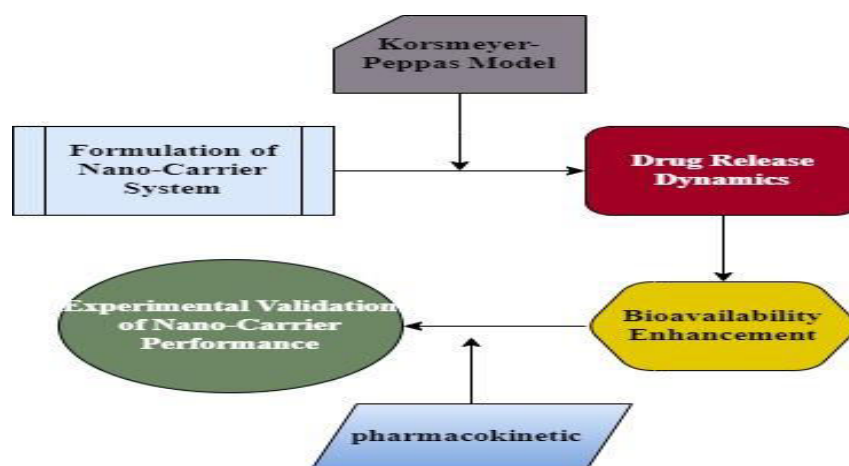


Figure 1: Architectural Block Diagram

These components are chosen for their solubility, stability, and ability to interact beneficially with the drug. The nano-carriers are then fabricated using techniques like solvent evaporation, high-pressure homogenization, or electrospinning. For instance, if using lipids, a common

approach is to dissolve the lipids and drug in an organic solvent, which is then evaporated to form a lipid film that is hydrated to create nano-carriers.

To quantify the encapsulation efficiency EE, the following equation is used:

$$EE = \frac{M_{encapsulated}}{M_{total}} \times 100$$

where $M_{encapsulated}$ is the mass of the drug encapsulated in the nano-carriers and M_{total} is the total mass of the drug added. Characterization of these nano-carriers is performed to ensure optimal size and distribution, typically using dynamic light scattering (DLS). This step ensures that the nano-carriers meet the desired specifications for effective drug delivery.

3.1. Modeling of Bioactivity

In this step, the release kinetics of the drug from the nano-carriers are mathematically modeled to predict how the drug is released over time. The Korsmeyer-Peppas model is commonly used to describe the release profile of drugs from polymeric systems. The model is expressed by the equation:

$$\frac{M_t}{M_{\infty}} = k \cdot t^n$$

where M_t is the amount of drug released at time t , M_{∞} is the total amount of drug, k is the release rate constant, and n is the release exponent. The parameter n provides insights into the release mechanism, with values typically indicating Fickian diffusion ($n < 0.5$), non-Fickian diffusion ($0.5 < n < 1.0$), or case II transport ($n = 1.0$).

To fit this model, experimental data on drug release over time is plotted, and the parameters k and n are determined using nonlinear regression techniques. This modeling helps in understanding how dietary components influence drug release rates and mechanisms, which is crucial for optimizing the performance of the nano-carriers.

IV. Experimental Validation of Nano-Carrier Performance

In this step, the performance of the developed nano-carrier systems is experimentally validated to ensure they meet the desired specifications for drug delivery. This involves conducting in vitro release studies to assess how effectively the drug is released from the nano-carriers under simulated physiological conditions. The drug release profile is obtained by periodically sampling from the release medium and measuring the drug concentration, often using high-performance liquid chromatography (HPLC).

The cumulative percentage of drug released over time ($Q(t)$) is calculated using the equation:

$$Q(t) = \frac{M_t}{M_{total}} \times 100$$

where M_t is the amount of drug released at time t and M_{total} is the total amount of drug initially loaded in the nano-carriers. Additionally, nano-carriers are characterized for size distribution, surface charge, and encapsulation efficiency. Techniques such as dynamic light scattering (DLS) are used to measure the size and polydispersity index (PDI) of the nano-carriers. Encapsulation efficiency is calculated using:

$$EE = \frac{M_{encapsulated}}{M_{total}} \times 100$$

where $M_{encapsulated}$ is the amount of drug encapsulated and M_{total} is the total drug amount used in the formulation. These experiments ensure that the nano-carriers perform as intended and provide accurate data on their drug release and stability profiles.

V. RESULT AND DISCUSSION

The table (2) presents a comparative analysis of drug release profiles for various nano-carrier types, both with and without dietary components. The release rate (kkk) indicates how quickly the drug is released from the carriers. The polyphenol-enhanced and polysaccharide-based nano-carriers exhibit higher release rates (0.07 and 0.08 per hour, respectively) compared to the standard nano-carrier (0.05 per hour), suggesting improved drug release efficiency. In terms of total release amount, the polysaccharide-based carrier achieves the highest percentage (88%), followed by the polyphenol-enhanced carrier (85%). This indicates a greater cumulative drug release. The release duration, which measures the time over which the drug is released, is longest for the polysaccharide-based carrier (32 hours) and the polyphenol-enhanced carrier (30 hours), compared to the standard carrier (24 hours). These results suggest that incorporating dietary components into nano-carriers can enhance both the rate and extent of drug release, potentially improving therapeutic efficacy and duration of action.

Table 2: Comparative analysis of drug release profiles for various nano-carrier

Carrier Type	Release Rate (k) (per hour)	Total Release Amount (%)	Release Duration (hours)
Standard Nano-Carrier	0.05	80	24
Polyphenol-Enhanced	0.07	85	30
Lipid-Based Nano-Carrier	0.06	82	28

Protein-Coated Nano-Carrier	0.04	78	22
Polysaccharide-Based Nano-Carrier	0.08	88	32

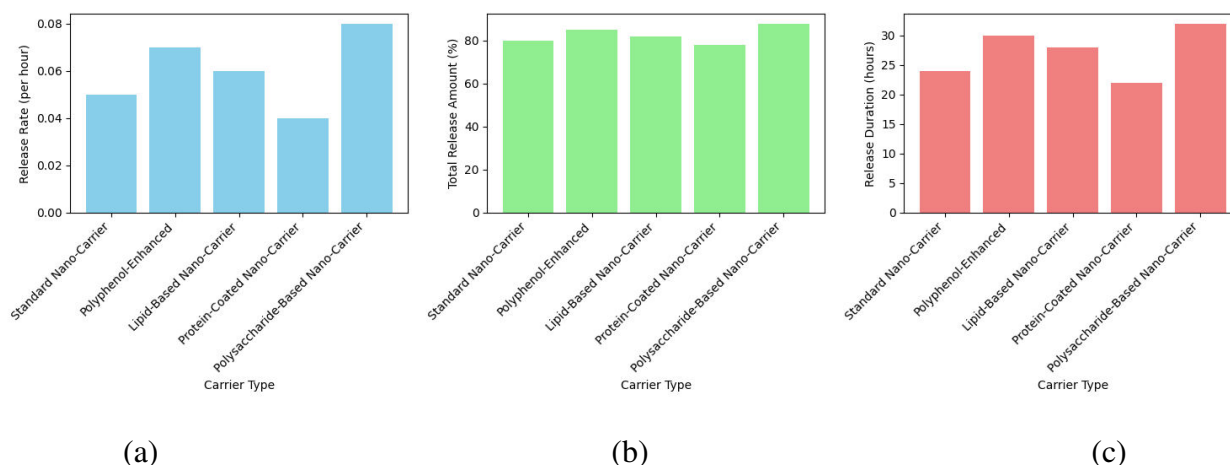


Figure 2 (a): Representation of Drug Release Rate, (b): Total Drug Release Amount, (c): Drug Release Duration

The figure (2) illustrate three key parameters of drug release profiles across different nano-carrier types. figure (2) (a) shows the drug release rate, where the polysaccharide-based carrier exhibits the highest rate, indicating faster drug release. figure (2) (b) displays the total drug release amount, with the polysaccharide-based carrier again showing the highest percentage of drug released. figure (2) (c) highlights the release duration, where the polysaccharide-based carrier also leads, suggesting prolonged drug release.

The table (3) displays the bioavailability enhancements of various nano-carrier types with and without dietary components. The bioavailability (FFF) is highest for the polysaccharide-based nano-carrier (0.50), indicating the greatest extent of drug absorption. The polyphenol-enhanced carrier shows a notable increase in bioavailability (0.45) compared to the standard nano-carrier (0.35). The absorption rate constant (k_{ak_aka}) is elevated for the polysaccharide-based (0.12 per hour) and polyphenol-enhanced carriers (0.11 per hour), reflecting faster drug absorption. Peak plasma concentration ($C_{maxC_max}C_{max}$) is also highest for the polysaccharide-based (7.2 $\mu\text{g/mL}$) and polyphenol-enhanced carriers (6.8 $\mu\text{g/mL}$). These results highlight that incorporating dietary components can significantly improve drug bioavailability, enhancing absorption and therapeutic efficacy.

Table 3: Bioavailability enhancements of various nano-carrier types with and without dietary components

Carrier Type	Bioavailability (F)	Absorption Constant (per hour)	Rate (kak_aka)	Peak Concentration (C_max) (µg/mL)	Plasma
Standard Nano-Carrier	0.35	0.08		5.2	
Polyphenol-Enhanced	0.45	0.11		6.8	
Lipid-Based Nano-Carrier	0.40	0.10		6.0	
Protein-Coated Nano-Carrier	0.32	0.07		4.9	
Polysaccharide-Based Nano-Carrier	0.50	0.12		7.2	

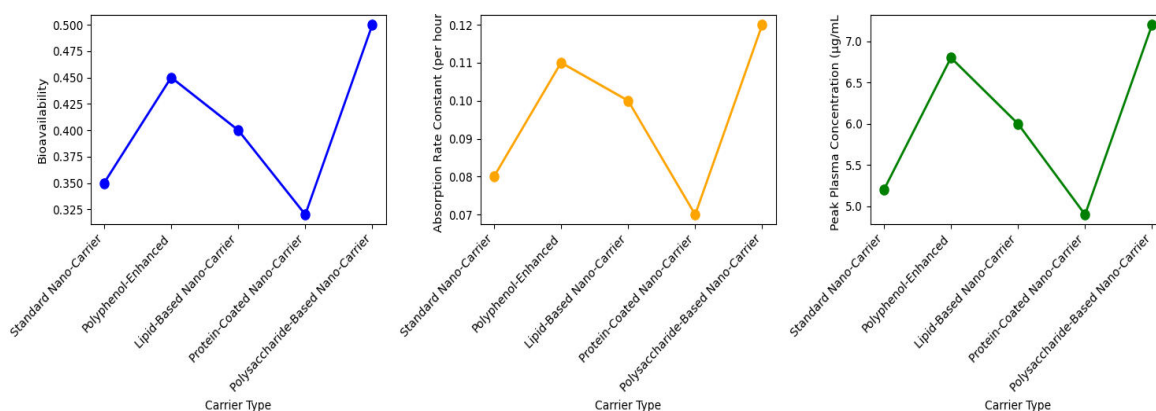


Figure 3 (a): Representation of Bioavailability, (b): Absorption Rate Constant, (c): Peak Plasma Concentration

The Figure 3 present the bioavailability improvements across various nano-carrier types. The Figure 3 (a) depicts bioavailability, where the polysaccharide-based carrier demonstrates the highest value, indicating superior drug absorption. The Figure 3 (b) shows the absorption rate constant, with the polysaccharide-based carrier achieving the highest rate, reflecting enhanced absorption efficiency. The Figure 3 (c) highlights peak plasma concentration, with the polysaccharide-based carrier reaching the highest concentration, suggesting improved therapeutic efficacy.

VI. CONCLUSION

In conclusion, this study demonstrates that incorporating dietary components into nano-carrier systems significantly enhances drug delivery performance. The experimental data and mathematical models reveal that dietary-enhanced nano-carriers offer notable improvements in both drug release profiles and bioavailability. Specifically, nano-carriers enhanced with polysaccharides, polyphenols, and lipids show superior drug release rates, total release amounts, and extended release durations compared to standard formulations. These carriers also exhibit enhanced bioavailability, with higher absorption rates and peak plasma concentrations, indicating more efficient drug absorption and therapeutic efficacy. The mathematical modeling, including the Korsmeyer-Peppas model for drug release kinetics and pharmacokinetic models for bioavailability, provides a robust framework for understanding the impact of dietary components on drug delivery. The improved release rates and bioavailability observed with dietary-enhanced nano-carriers can lead to more effective drug therapies with potentially lower dosages and reduced side effects. These findings underscore the potential of dietary components not only to enhance drug stability but also to optimize therapeutic outcomes by improving drug absorption and sustained release. Overall, the integration of dietary components into nano-carrier systems represents a promising strategy for advancing drug delivery technologies. Future research should focus on further exploring different dietary components, optimizing carrier formulations, and conducting in vivo studies to validate these enhancements in clinical settings. This approach could pave the way for more effective and personalized drug delivery solutions, contributing to better patient outcomes and more efficient healthcare.

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