CBIOS Research Center for Biosciences & Health Technologies

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Research Unit Identification

Full Name	Research Center for Biosciences & Health Technologies
Acronym	CBIOS
Director	Luís Monteiro Rodrigues
Funding Body	COFAC - Cooperativa de Formação e Animação Cultural, C.R.L.
Funding Period	01/09/2026 – 31/08/2027
Unit URL	https://cbios.ulusofona.pt/

Mission & Objectives

Abstract:

CBIOS is a FCT-funded research centre and an R&D unit of Lusófona University. Our vision is focused on the promotion of human health and well-being through biomedical research and the development of innovative medicines, health products, and evidence-based practices to actively contribute to a knowledge-based society. CBIOS develops science-related activities from molecule research to human applied studies in areas of interest such as cancer, metabolic diseases, and skin health.

Scientific Positioning

CBIOS's scientific identity is defined by a unique interdisciplinary approach, enabling the development of solutions ranging from molecular design to human application. This positioning is structured around three fundamental pillars:

Fundamental Science: Focuses on the discovery and testing of new molecules and naturally derived ingredients to ensure their safety and efficacy.

Translational Research: Translates laboratory discoveries into real-world healthcare solutions, developing innovative medicines and products through strategic partnerships with the pharmaceutical and biotechnology industries.

Clinical Research: Implements evidence-based practices and validates new treatments through direct collaboration with hospitals, primary healthcare units and patient associations.

Societal Positioning

CBIOS positions itself as an agent of social change, focusing on the democratisation of knowledge and the advancement of society. Its main areas of societal impact include:

Health Literacy: Promotes health literacy through workshops, community health programmes and the development of accessible, easy-to-understand research summaries, empowering citizens to make informed decisions.

Open Science: Committed to making 100% of its research outputs accessible through open-access platforms, promoting transparency and global accessibility.

Citizen Science and Community Engagement: Develops Citizen Science initiatives and strengthens collaborations with patient advocacy groups (such as APDP and SPLS) to raise awareness and empower patients.

Alignment with the SDGs: Its strategy is closely aligned with the United Nations 2030 Agenda Sustainable Development Goals (SDGs), ensuring that its research generates meaningful and tangible societal impact.

Scientific Areas & Research Lines

Principal Scientific Areas

Medical and Health Sciences	Basic Medicine + Health Sciences

Research Lines

Models and Molecular Mechanisms Lab— The Models and Molecular Mechanisms lab is dedicated to advancing drug discovery, biomarker research, and xenobiotics safety assessment, with a primary focus on applications in cancer and metabolic diseases.

Formulation Strategies and Nanosolutions Lab— The Formulation Strategies and Nanosolutions Lab develops formulations based on sustainable ingredients and biomaterials, providing optimized delivery for pharmaceutical and cosmetic applications.

Natural Bioactives and Circular Economy Lab— The Lab explores natural products mainly from Plectranthus plants for antimicrobial, antioxidant, anticholinesterase, anti-inflammatory, and anticancer properties. The team also prepares semi-synthetic new diterpenes, using computational modeling to target drug resistance.

Funcional Immersion & Biometrics Lab— The Functional Immersion & Biometrics Lab, FIBLab, is the home of functional biometrics exploring human body with multiple non-

invasive tools. FIBLab supports multiple CBIOS projects in all domains, from development to the application stages.

Well-being, One Health & Digital Futures Lab— The Well-being, One Health & Digital Futures Lab integrates nutrition science, therapeutic adherence research, digital health, and implementation research to design, evaluate, and scale sustainable, data-driven solutions that improve health outcomes across individuals, communities, and systems.

Identifiers & Citation Information

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Mandatory Acknowledgement Statement

Required in all scientific and institutional outputs (written in the appropriate language):

This work was funded by the Fundação para a Ciência e a Tecnologia (FCT) under the project UID/04567/2025 and by COFAC – Cooperativa de Formação eAnimação Cultural, C.R.L., under the project "COFAC/CBIOS/2026-27".

Mandatory Application Scope

The acknowledgement statement above must appear in all of the following outputs:

- Scientific articles, posters, books, and journal papers;
- Monographs, brochures, and informational leaflets;
- Newsletters, announcements, and advertising materials;
- Cover pages (where applicable) and all printed applications;
- Digital typographic and other reproduction formats;
  PowerPoint presentations and other digital presentations.