



## Health Benefits of Iron and Folic Acid Supplementation

Guest Editors:

**Prof. Dr. Teresa Partearroyo**

Departamento de Ciencias  
Farmacéuticas y de la Salud,  
Facultad de Farmacia,  
Universidad San Pablo-CEU, CEU  
Universities, Urbanización  
Montepríncipe, Alcorcón, Madrid,  
Spain

**Prof. Dr. Gregorio Varela-  
Moreiras**

Professor of Nutrition and Food  
Science, CEU San Pablo  
University (Madrid, Spain);  
President of the Spanish  
Nutrition Foundation (FEN)

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### Message from the Guest Editors

Folic acid (FA) and iron are essential nutrients that are critical for many biological processes. FA has been used for the prevention and treatment of macrocytic or megaloblastic anaemia. Recently, new potential functions were described, being the prevention of congenital malformations such as neural tube defects, regulation of homocysteine concentrations (a cardiovascular risk factor) and the prevention or promotion of colorectal cancer depending on timeframe and the maintenance or improvement of cognitive function in seniors. Also, important to mention, is its role in immune function and more recently on osteoporosis prevention and hearing loss. On the other hand, iron is an essential nutrient of public health relevance required for many metabolic processes in the human body across the life and special physiological periods (e.g. pregnancy). This Special Issue of *Nutrients* is therefore intended to highlight some of the recent dietary and nutrition studies utilizing experimental models or humans studies with these micronutrients, and highlight research investigating the various mechanisms by which folic acid and iron supplementation influence human health across the lifespan.





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## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

1. Centro de Investigación  
Biomédica en Red Fisiopatología  
de la Obesidad y la Nutrición  
(CIBEROBN), Institute of Health  
Carlos III, 28029 Madrid, Spain  
2. Research Institute of  
Biomedical and Health Sciences  
(IUIBS), University of Las Palmas  
de Gran Canaria, 35001 Las  
Palmas, Spain  
3. Preventive Medicine Service,  
Centro Hospitalario Universitario  
Insular Materno Infantil (CHUIMI),  
Canarian Health Service, 35016  
Las Palmas, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional  
Sciences, University of  
Connecticut, Storrs, CT 06269,  
USA

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## Contact Us

*Nutrients* Editorial Office  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
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