



## Trace Elements and Minerals in Nutrition and Health

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### Message from the Guest Editors

Dear Colleagues,

For the proper functioning of the body, we need an adequate amount of minerals. They perform many important functions in the body, including building and enzymatic functions, and are involved in maintaining the acid-base balance and the antioxidant state in the organism. The deficit or excess of minerals in the body leads to the development of several metabolic disorders and diseases. The correct supply of minerals with the diet and dietary supplements is important. The state of minerals in the body is influenced by both their supply and bioavailability. Many nutritional and non-nutritional factors enhance or inhibit the bioavailability of minerals.

This Special Issue shows the links between the intake of minerals, their bioavailability, the state of mineral nutrition, and health.

This Special Issue welcomes original research and reviews of the literature concerning this important topic.

Prof. Dr. Joanna Suliburska

Dr. Katarzyna Skrypnik

*Guest Editors*





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## Message from the Editor-in-Chief

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