



an Open Access Journal by MDPI

The Role of Diet and Supplements in the Prevention and Treatment of the Metabolic Syndrome

Guest Editors:

Dr. Naser Alsharairi

Heart, Mind and Body Research
Group, Griffith University, Gold
Coast, QLD 4222, Australia

Prof. Dr. Herbert Ryan Marini

Department of Clinical and
Experimental Medicine,
University of Messina, 98125
Messina, Italy

Deadline for manuscript
submissions:

closed (30 November 2020)

Message from the Guest Editors

Dear Colleagues,

Metabolic syndrome (MetS) has become a serious health problem as its *prevalence* is *increasing* worldwide. It refers to the co-occurrence of a cluster of cardiometabolic risk factors, including obesity, hypertension, dyslipidemia and insulin resistance. Nutrients, dietary patterns and supplements have proven beneficial and could exert protective effects against MetS. This Special Issue aims to bring together the latest research on the role of diet and supplements in the prevention and treatment of the MetS. Manuscripts presenting clinical research, observational and analytical reviews in the MetS area are encouraged for this Special Issue.

Dr. Naser Alsharairi
Prof. Dr. Herbert Ryan Marini
Guest Editors



mdpi.com/si/32212

Special Issue