



The Effect of Nutrition on Blood Pressure

Guest Editor:

Dr. Avshalom Leibowitz

1. Medicine D, The Chaim Sheba Medical Center, Tel-Hashomer, Ramat Gan 5262000, Israel
2. Sackler Faculty of Medicine, Tel-Aviv University, Tel Aviv 6997801, Israel
3. Hypertension Unit, The Chaim Sheba Medical Center, Tel-Hashomer, Ramat Gan 5262000, Israel

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Message from the Guest Editor

Dear Colleagues,

The realization that a healthy gut is essential to the overall health of the individual has never been greater. This realization can be attributed to our rapidly advancing understanding of the relationship between organisms in our gut (our microbiome) with the rest of the body. In a healthy gut, this relationship is called symbiosis, which is a relationship of mutual benefit between organisms. Conversely, in disease and gut ill health, this relationship is often described as dysbiosis. Although dysbiosis can have a varied definition, overall, it can be thought of as a loss of symbiosis. The current overarching belief is if dysbiosis is present, health can be improved through correcting dysbiosis and promoting a state of symbiosis. Probiotics and prebiotics are viewed as prime candidates to assist in promoting a state of gut symbiosis, and therefore promoting gut health.

The objective of this Special Issue “Role of Probiotics and Prebiotics in Gut Symbiosis” is to publish reviews, clinical trials or experimental studies that focus on probiotics and prebiotics that have a role in influencing disease and promoting health.





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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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Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
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