



## The Role of Nutrients and Food Components in Liver and Gastrointestinal Health and Disease

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### Message from the Guest Editor

The liver–gut axis is a bidirectional communication system between the liver and the gut. Both organs communicate with each other via the biliary tract, the portal vein, and the systemic circulation. A well-balanced and functional liver–gut axis is associated with overall health.

Alterations in gut barrier permeability, the composition of the gut microbiome, and circulating levels of enterohepatic bile acids, induced by certain types of diet, have been implicated in the etiopathogenesis of liver diseases. On the other hand, the role of specific nutrients and food components in microbiome composition and the liver–gut axis has begun to be elucidated.

We aim to collect articles providing new and relevant information regarding the role of specific nutrients and food components in the microbiome and the gut–liver axis. This includes, but is not limited to, studies on (1) the effect of nutrient inadequacy/supplementation, (2) the efficacy of phytochemical supplementation, (3) the effect of certain types of diets, and (4) the role of single nucleotide polymorphisms (SNPs) in the interplay between diet and the liver–gut axis.





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