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Health Benefits of Micronutrients (Vitamins and Minerals) in Functional Products

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Deadline for manuscript
submissions:

closed (25 May 2022)

Message from the Guest Editor

Dear Colleagues,

Vitamins and minerals are essential for the proper functioning of the body, including many metabolic processes. They have building functions, are components of many enzymes, and have antioxidant and anti-inflammatory properties. Malnutrition resulting from a deficiency of vitamins and minerals, or excessive exposure to toxic elements by the consumption of contaminated food, can lead to disorders in the functioning of the immune system, nervous system, and cardiovascular system, and cause the development of cancer processes and accelerate the aging process. Deficiencies of these components occur in people of various age groups; in particular, they may affect the elderly, children, and pregnant women. Inclusion in the diet of food products or dietary supplements that are a source of vitamins and minerals is one of the methods of rationalizing nutrition, with the aim of preventing vitamin and mineral deficiencies and reducing the risk of various diseases.

In this Special Issue, we welcome original research and literature reviews in relation to the assessment of the content of vitamins and minerals in various food products.



mdpi.com/si/94631

Special Issue



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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

Message from the Editorial Board

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