



## Health Benefits of Iron and Folic Acid Supplementation

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### Message from the Guest Editors

Folic acid (FA) and iron are essential nutrients that are critical for many biological processes. FA has been used for the prevention and treatment of macrocytic or megaloblastic anaemia. Recently, new potential functions were described, being the prevention of congenital malformations such as neural tube defects, regulation of homocysteine concentrations (a cardiovascular risk factor) and the prevention or promotion of colorectal cancer depending on timeframe and the maintenance or improvement of cognitive function in seniors. Also, important to mention, is its role in immune function and more recently on osteoporosis prevention and hearing loss. On the other hand, iron is an essential nutrient of public health relevance required for many metabolic processes in the human body across the life and special physiological periods (e.g. pregnancy). This Special Issue of *Nutrients* is therefore intended to highlight some of the recent dietary and nutrition studies utilizing experimental models or humans studies with these micronutrients, and highlight research investigating the various mechanisms by which folic acid and iron supplementation influence human health across the lifespan.





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