



Dietary Minerals and Metabolic Disorders

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Message from the Guest Editor

Dear Colleagues,

Minerals are involved in many physiological processes in the body and their deficiency or excess may lead to metabolic disorders and the development of many diseases. An adequate supply of minerals ensures proper nutritional status, and proper mineral status is important during the entirety of life. There are many nutritional and non-nutritional factors that may affect mineral status, including diet, supplements, pharmacological treatment, and environmental factors. Interactions between minerals and nutrients and also other factors play an important role in the effectiveness of absorption and influence mineral metabolism and physiological process.

This Special Issue focuses mainly on the association between mineral intake and metabolic diseases. Including the problems of deficiency and excess minerals, the determining the factors affecting the bioavailability of minerals and their relationship with the nutritional status and health, and the use of mineral supplements in terms of positive effects and side effects on the organism.

This Special Issue welcomes original research and reviews of the literature concerning this important topic.





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