



Dietary Supplements Intake and Efficiency in Mental Disorders

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Message from the Guest Editors

Dear Colleagues,

Mental illness is an increasing burden on societies around the world. Depression and anxiety disorders are undoubtedly civilization diseases, leading, akin to other mental disorders, to disability and suffering. Increasing the knowledge about the basis and pathophysiology of mental illness is a challenge for modern science. Research and new discoveries in this field will allow for the development of new therapeutic strategies. Dietary deficiencies, improper nutrition and obesity are another civilization problem—especially in poor environments. The evaluation of the relationship between nutrition, dietary supplementation and mental disorders is a promising field for research and new discoveries.

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