



Iodine: Critical Nutrients for Health throughout Life

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Message from the Guest Editors

Iodine is an essential micronutrient during all life stages in humans and vertebrates. Iodine is the main component of thyroid hormones, which are critical for human life since they play an essential role in development, growth, metamorphosis, and metabolism. Adequate levels of body iodine are essential in human biology and vary throughout life. Iodine deficiency disorders (IDDs) are a major public health problem worldwide, leading to serious health issues such as goiter, hypothyroidism, congenital abnormalities, impaired cognitive development, mental retardation, and even cretinism in newborns whose mothers were iodine deficient during pregnancy. On the opposite spectrum, excess iodine has been associated with conditions such as hypothyroidism and hyperthyroidism. IDD can be prevented with an adequate iodine diet, so an early diagnosis is essential to avoid its effects.

This Special Issue entitled “Iodine: Critical Nutrients for Health throughout Life” aims to bring together high-quality multidisciplinary up-to-date original and review articles on the role of iodine in human pathophysiologic conditions.





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