

# Special Issue

## Modulation by Dietary Supplements in Obesity

### Message from the Guest Editors

Having grown over the past few decades, obesity is one of the most important risk factors for all causes of noncommunicable diseases. A lifestyle modification, in terms of a healthy eating pattern and moderate physical activity, is the first line of defense in the management of obesity. However, several drug treatments and dietary supplements are becoming available and gaining more attention in managing obesity, specifically dietary supplements used as medicine with a low toxicity and easy access to the general population. In addition, they are often perceived as "safe" and less likely to have side effects. Scientific research on dietary supplements is often misunderstood or inconclusive. Therefore, the purpose of this Special Issue is to obtain high-quality scientific evidence for the use of dietary supplements and nutraceuticals that can be used correctly as an adjuvant in the management of obesity and its comorbidities. Studies focusing on the intake, absorption and metabolism of dietary supplements are also welcomed.

### Guest Editors

Prof. Dr. Simona Bertoli

Dr. Ramona Silvana De Amicis

Dr. Andrea Andrea Foppiani

Dr. Alessandro Leone

### Deadline for manuscript submissions

closed (25 September 2022)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/113483](https://mdpi.com/si/113483)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)