

Special Issue

B Vitamin Supplements: Benefits, Deficiencies and Toxicity

Message from the Guest Editor

B vitamins have important functions in energy and amino acid metabolism, neuronal health and hemopoiesis. Although deficiency states are uncommon among the general population, B vitamins in different combinations are commonly prescribed or bought over the counter for health maintenance and clinical conditions, e.g., neuropathic pain, anxiety and depression. In addition, high doses of some B vitamins have been utilized for their therapeutic effects, e.g., enhancement of cognitive function or mood, lipid lowering, etc. Yet some B vitamins have harmful effects in higher doses. On the other hand, there has been increasing interest in the impact of vitamin B supplements on gut microbiota and interactions of vitamin B supplements with other nutrients, drugs and genetic factors. For this Special Issue, we are interested in papers investigating how vitamin B supplements can impact on health both positively and negatively.

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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.

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