

Special Issue

Dietary Supplements in Human Health and Disease

Message from the Guest Editors

Dietary supplements represent a broad range of products, including vitamins and minerals, plants and herbal extracts, amino acids, enzymes, essential fatty acids, fiber, or any combination thereof. They may support specific physiological body functions preserving human health. Nevertheless, evidence about specific mechanisms underlying their beneficial effects is lacking. In addition, poor attention is dedicated to the side effects that they can induce due to the interactions with conventional medications. This is an underestimated point that deserves more attention. This Special Issue will focus on the latest advances in dietary supplements. Particularly welcome will be high-quality evidence on the following: (i) the potential role of dietary supplements in human health or disease, including conditions affected by unhealthy diets and lifestyles, such as dyslipidemia, diabetes, obesity, and inflammatory conditions, focusing the attention on the properties and mechanisms that could underlie their effects; (ii) the interaction between dietary supplements and conventional drugs.

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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.

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