



## The Role of Diet and Supplements in the Prevention and Treatment of the Metabolic Syndrome

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### Message from the Guest Editors

Dear Colleagues,

Metabolic syndrome (MetS) has become a serious health problem as its *prevalence* is *increasing* worldwide. It refers to the co-occurrence of a cluster of cardiometabolic risk factors, including obesity, hypertension, dyslipidemia and insulin resistance. Nutrients, dietary patterns and supplements have proven beneficial and could exert protective effects against MetS. This Special Issue aims to bring together the latest research on the role of diet and supplements in the prevention and treatment of the MetS. Manuscripts presenting clinical research, observational and analytical reviews in the MetS area are encouraged for this Special Issue.

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*Guest Editors*

