

## Special Issue

# Roles and Functions of Micronutrients in Gut Microbiota and Intestinal Inflammation

### Message from the Guest Editor

Dear colleagues, Micronutrients are essential nutrients required by organisms in small quantities throughout their lifespan to regulate many physiological activities necessary for growth, development, and overall health. Micronutrients can be found in a variety of foods, including fruits, vegetables, nuts, seeds, and dairy products; synthesised forms of micronutrients are also available in dietary supplements for individuals who may have difficulty in obtaining enough through their diet alone. The gut microbiota play an important role in maintaining the integrity of the intestinal barrier by regulating gut homeostasis. A compromised gut barrier can promote the leakage of detrimental substances like harmful bacteria and toxins into the bloodstream, thereby increasing the risk of intestinal inflammation. An increasing number of studies have demonstrated the benefits of micronutrients, including anti-inflammatory, antioxidant, and anticancer effects, while their interactions with the gut bacteria have not been fully elucidated.

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### Guest Editor

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## International Journal of Molecular Sciences

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