

Special Issue

Macro- and Micronutrients in Health and Diseases

Message from the Guest Editors

Nutrition is one of the most important modifiable factors that can be targeted to promote health and reduce the risk of disease. A balanced diet ensures the proper concentration of macro- and micronutrients is maintained in the body, while their deficiencies or excesses are associated with various diseases, including obesity, diabetes, cardiovascular disease, osteoporosis, cancer, and immune disorders. Understanding the relationship between nutrient deficiencies and chronic diseases and the early detection of nutritional disorders is crucial for preventive and holistic health care. In this Special Issue, we seek contributions that go beyond general discussions of nutrition and provide state-of-the-art methodologies for studying the effects of nutrients on health. We especially encourage studies using omics technologies (metabolomics, nutrigenomics, and proteomics), molecular docking, bioinformatic approaches, clinical trials, and advanced biomarker analysis to elucidate nutrient interactions at the cellular and systemic levels.

Guest Editors

Dr. Karolina Orywal

Department of Biochemical Diagnostics, Medical University of Białystok, Waszyngtona 15 A, 15-276 Białystok, Poland

Dr. Mariusz Gryko

1. 2nd Clinical Department of General, Gastroenterological and Oncological Surgery, Medical University of Białystok Clinical Hospital, M. Skłodowskiej-Curie 24 A, 15-276 Białystok, Poland
2. Department of Surgical Nursing, Medical University of Białystok, Szpitalna 37, 15-274 Białystok, Poland

Deadline for manuscript submissions

closed (30 July 2025)



International Journal of Molecular Sciences

an Open Access Journal
by MDPI

Impact Factor 4.9
CiteScore 9.0
Indexed in PubMed



mdpi.com/si/232562

*International Journal of
Molecular Sciences*
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
ijms@mdpi.com

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





International Journal of Molecular Sciences

an Open Access Journal
by MDPI

Impact Factor 4.9
CiteScore 9.0
Indexed in PubMed



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



About the Journal

Message from the Editor-in-Chief

The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

Editor-in-Chief

Prof. Dr. Maurizio Battino

Department of Odontostomatologic and Specialized Clinical Sciences,
Sez-Biochimica, Faculty of Medicine, Università Politecnica delle
Marche, Via Ranieri 65, 60100 Ancona, Italy

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, PMC, MEDLINE, Embase, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q1 (Biochemistry and Molecular Biology) / CiteScore
- Q1 (Organic Chemistry)