

Special Issue

Trace Elements and Minerals in Nutrition and Health

Message from the Guest Editors

For the proper functioning of the body, we need an adequate amount of minerals. They perform many important functions in the body, including building and enzymatic functions, and are involved in maintaining the acid-base balance and the antioxidant state in the organism. The deficit or excess of minerals in the body leads to the development of several metabolic disorders and diseases. The correct supply of minerals with the diet and dietary supplements is important. The state of minerals in the body is influenced by both their supply and bioavailability. Many nutritional and non-nutritional factors enhance or inhibit the bioavailability of minerals. This Special Issue shows the links between the intake of minerals, their bioavailability, the state of mineral nutrition, and health. This Special Issue welcomes original research and reviews of the literature concerning this important topic.

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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.

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