

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.

Guest Editors

Prof. Dr. Joanna Suliburska

Institute of Human Nutrition and Dietetics, Poznań University of Life Sciences, Wojska Polskiego St. 31, 60-624 Poznań, Poland

Dr. Katarzyna Skrypnik

Department of Human Nutrition and Dietetics, Poznan University of Life Sciences, Wojska Polskiego St. 31, 60-624 Poznan, Poland

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4052 Basel, Switzerland
Tel: +41 61 683 77 34
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Editor-in-Chief

Prof. Dr. José L. Quiles
Department of Physiology, Institute of Nutrition and Food Technology
"Jose Mataix", Biomedical Research Center, University of Granada,
Avda. Conocimiento s/n, 18100 Armilla, Granada, Spain

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