

Special Issue

Probiotics and Dietary Supplements for Metabolic Health

Message from the Guest Editor

Metabolic disorders represent major global health challenges. Growing evidence indicates that probiotics and other dietary supplements may beneficially modulate metabolic pathways by influencing the gut microbiome. However, clinical outcomes remain inconsistent, and the mechanistic links remain unclear.

This Special Issue aims to gather high-quality research and reviews exploring the role of probiotics and dietary supplements in supporting metabolic health. Topics of interest include, but are not limited to, the following: clinical trials evaluating metabolic outcomes; mechanistic studies on microbiome–host interactions; the role of specific bacterial strains or bioactive compounds; effects on body weight regulation, glucose, and lipid metabolism; and personalized or precision nutrition approaches.

We particularly welcome studies that combine metabolomics, microbiome profiling, and nutritional interventions to better understand the complex interactions among diet, microbial ecology, host metabolism, and the progression of metabolic disease. Contributions providing translational insights or proposing novel therapeutic strategies are especially encouraged.

Guest Editor

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Deadline for manuscript submissions

15 September 2026



Metabolites

an Open Access Journal
by MDPI

Impact Factor 3.7
CiteScore 8.1
Indexed in PubMed



mdpi.com/si/263611

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About the Journal

Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

Editor-in-Chief

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