



Nutritional Support for Human Fertility

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Deadline for manuscript
submissions:

closed (5 April 2024)

Message from the Guest Editors

It is well known that inadequate nutrition can affect fertility as a result of a lack or excess of nutrients.

Severe food restrictions and a poor intake of proteins or micronutrients alter reproductive function and reduce ovulatory maturation in women, while zinc and antioxidant micronutrient (selenium, vitamin C) deficiency reduces sperm performance. Metabolic disorders, including diabetes and obesity, associated with excessive energy intake, can affect fertility in both men and women, either by damaging oocyte and sperm cells directly or by interfering with the pituitary–hypothalamic axis. However, healthy dietary patterns such as the Mediterranean diet improve fertility in both sexes. The effects of dietary pollutants and the role of dietary supplements in reproductive function have also been the focus of recent research.

This planned Special Issue will include original research articles or reviews on the relationship between nutrition and human fertility.





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Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)

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