



The Role of Immunonutrition in Patients

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Message from the Guest Editors

Immunonutrients (IN) are micro- and macronutrients with active effects on the immunitary system. The most studied INs are ω -3 fatty acids, glutamine, sulphur-containing amino acids, anti-oxidants, arginine, and nucleotides.

Their potential role in elective surgery has been well documented; the benefits have been supported by several studies, revealing a reduced risk of complications, lower length of hospital stay, and reduced mortality in patients undergoing surgery.

Moreover, people with the potential risk of malnutrition (i.e. premature neonates, elderly, athletes, etc.) and patients suffering from immune-related diseases (including allergies and metabolic disorders) should benefit from IN supplementation.

Moreover, recent literature supports the hypothesis that IN supplementation can be effective in patients undergoing chemoradiotherapy, reducing the rate of adverse reactions, especially mucositis.





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