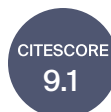




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Implications of Mineral-Mineral Interactions for Human Health

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Message from the Guest Editor

Mineral elements, which we classify as micronutrients, are important in many aspects of nutritional health yet they are often studied in isolation, without recognition of the effect one mineral may have on another. Dietary recommendations rarely reflect the unique relationships minerals have with each other that can be related to absorption, utilization or excretion. Some interactions involve synergy, others are competitive, and some may trigger changes in homeostatic controls. The resulting health effects may cause deficiency or prevent it, while other interactions may cause toxicity or prevent it. Much is to be learned about mineral interactions in order to better estimate dietary needs that can be translated into dietary recommendations.

This Special Issue of the journal *Nutrients* aims to add to the understanding of mineral–mineral interactions with novel studies and insightful reviews that will inform nutrition science regarding mineral–mineral relationships that affect human health.



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Special Issue



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