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Dietary Trace Minerals

Guest Editor:

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Message from the Guest Editor

Minerals that are required in small amounts for human health are known as trace minerals or trace elements. These include chromium, copper, fluoride, iodine, iron, manganese, selenium, and zinc.

Minerals form only five percent of the typical human diet but are essential for normal health and function. Trace elements (or trace minerals) are usually defined as minerals that are required in amounts between 1–100 mg/day by adults or make up less than 0.01 percent of total body weight. Recommended intakes for trace elements are expressed as Recommended Dietary Allowances (RDA) or Adequate Intake. The Upper Limit is the quantity of the nutrient considered to cause no adverse effects in healthy individuals. These parameters have been estimated for each trace mineral.

The purpose of the current Special Issue is to further expand and add research knowledge on the vital role that dietary trace minerals hold in various physiological and metabolic pathways. In addition, to add more knowledge in regards to the relationship between dietary trace minerals bioavailability, the microbiome and bioactive compounds.

Prof. Dr. Elad Tako
Guest Editor

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Editors-in-Chief

Message from the Editorial Board

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