



nutrients



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Natural Products, Micronutrient and Nutraceuticals to Improve Mood Disorders and Enhance Cognitive Function

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Message from the Guest Editor

Emotional and cognitive dysfunctions are increasing in our society, leading to neuropsychiatric disorders. Among the preventive strategies that are encouraged, nutrition is a crucial environmental contributing factor to which the individuals are exposed throughout their life.

Epidemiological, clinical, and preclinical data suggest that poor dietary habits largely contribute to emotional and cognitive dysfunctions that are exacerbated with age, whereas dietary supplementation may help to improve mood disorders and enhance cognitive functions. The use of certain nutrients as medicinal supplements influences specific molecular systems and mechanisms that maintain mental function. Evidence supports the beneficial effects of several micronutrients such as polyphenols, vitamins, essential fatty acids, and minerals on brain health.

Here, we invite experts to contribute to this Special Issue with original research or review articles that investigate the effects of natural products, micronutrients, and nutraceuticals on mental health that may participate in the development of novel predictive, personalized, and preventive participatory approaches.



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Special *Issue*



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