



Body Water Regulation and Nutrient Intake

Guest Editor:

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Message from the Guest Editor

Dear Colleagues,

This Special Issue aims to highlight the state-of-the-art in “Body Water Regulation and Nutrient Intake”. Myriad nutritional practices and products are publicly claimed to influence hydration status and optimize daily activities, athletic competitions, and chronic health; yet, the introductory rate of these claims and the evaluation of intake efficacy and safety do not typically align. Regulatory processes that manage body water prove highly complex and involve numerous tissues and systems, rendering hydration physiology an exciting, yet challenging scientific frontier. Further, the processes of water balance might also drive specific nutritional practices and intriguing physiological phenomena. To advance the field of body water regulation and nutrient intake, we invite the submission of both original research and impactful reviews that meaningfully contribute to the understanding of hydration physiology, healthy hydration, and unique observations related to this critical yet often forgotten nutrient: water.

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