

Special Issue

The Effects of Dietary Mineral Intake on Metabolism

Message from the Guest Editor

This Special Issue explores the intricate relationship between dietary mineral intake and metabolic regulation, integrating insights from genetics, molecular biology, and microbiome research. Central focus is placed on regulatory mechanisms, emphasizing how mineral availability influences gene expression, epigenetics, microbiome composition, and the metabolome—each closely tied to metabolic function, cellular processes, and homeostasis. Additionally, this Issue features articles presenting novel discoveries on the role of single-nucleotide polymorphisms (SNPs) in mineral transport, absorption, and requirements, providing valuable insights into the genetic variations that affect nutrient metabolism and individual dietary needs. By adopting a multidisciplinary approach, this Issue offers a comprehensive examination of how dietary minerals shape metabolic health at molecular, cellular, and systemic levels, thus advancing new perspectives on precision nutrition.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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