

Special Issue

Nutritional Modulation in Aging and Metabolic Syndrome: Combating Obesity, Vascular Disease and Frailty

Message from the Guest Editors

Metabolic syndrome is a multifactorial disturbance with a cluster of health issues that exacerbate each other, disrupting the body's homeostasis. Some of the main alterations include high blood pressure, diabetes, obesity, and abnormal cholesterol levels, which are commonly associated with cardiovascular disease, the leading cause of death worldwide. New nutritional, molecular, and mechanistic insights are crucial for developing new treatment options.

Nutritional interventions, exercise, functional foods, and other therapies are essential for reducing and treating metabolic diseases, ultimately improving the quality of life.

This Special Issue aims to gather original research articles and reviews that evaluate the clinical relevance, experimental approaches, and biological activities of nutraceuticals, plants, dietary interventions, isolated compounds/active principles, and the mechanisms involved in metabolic syndrome, vascular diseases, diabetes, dyslipidemia, and related disorders.

Guest Editors

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About the Journal

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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