

Special Issue

Diabetes Mellitus and Nutritional Supplements

Message from the Guest Editors

Medical nutritional therapy is fundamental in preventing or managing existing diabetes and preventing or slowing its complications. However, little clinical evidence for using nutritional supplements (e.g., vitamins and minerals) to reduce or control diabetes. Diabetes mellitus may finally lead to a cascade of complications.

This Special Issue examines the efficacy and possibility of select dietary supplements (i.e., proteins, branched-chain amino acids, creatine, vitamin D, and vitamin B12) for managing T2D and its complications. These nutritional supplements appear to show promise for individuals with T2D, but further research, especially long-term RCTs, is needed before consensus on the efficacy of these select supplements for individuals with T2D can be achieved for any intervention used in clinical practice, which can positively impact patient outcomes and reduce health care utilization. All these topics are potential objectives of our Special Issue, “Diabetes Mellitus and Nutritional Supplements”, in which we cordially invite all of you, clinicians and researchers, to submit your scientific work, either as original or review articles.

Guest Editors

Prof. Dr. Triantafyllos Didangelos

Diabetes Center, 1st Propaedeutic Department of Internal Medicine, Aristotle University of Thessaloniki, AHEPA Hospital, 54636 Thessaloniki, Greece

Dr. Konstantinos Kantartzis

1. Department of Internal Medicine IV, Division of Endocrinology, Diabetology and Nephrology, University of Tübingen, Tübingen, Germany

2. Institute for Diabetes Research and Metabolic Diseases (IDM) of the Helmholtz Centre Munich, University of Tübingen, Tübingen, Germany

Deadline for manuscript submissions

closed (15 April 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/197328

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)