

## Special Issue

# Iron and Brain and Cognitive Function Across the Lifespan

### Message from the Guest Editor

The dependency of proper brain health and function on tightly regulated iron homeostasis has been well established in both human and animal studies. Iron plays a significant role in neurotransmitter synthesis and regulation, myelination, neurogenesis and synaptogenesis, oxygen transport and mitochondrial respiration, and (across the lifespan) oxidative stress. Both human and animal studies have demonstrated the effects of iron level variations on brain structure and function and related measures of perception, attention (including aspects of executive function) and memory, ranging from the effects of deficiency from gestation through midlife to the effects of iron accumulation from early to late adulthood. Moreover, the development and refinement of methods for non-invasive assessment of brain iron and changes in brain iron in humans have opened the possibilities for asking increasingly refined mechanistic questions and connecting human and animal literatures.

---

### Guest Editor

Prof. Dr. Michael J. Weger

Psychology and Neurobiology, The University of Oklahoma, Norman, OK, USA

---

### Deadline for manuscript submissions

closed (25 April 2025)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/199539](https://mdpi.com/si/199539)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto: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)