

Special Issue

Nutrition and Metabolism in Reproduction Health

Message from the Guest Editor

Nutrition and metabolism play vital roles in reproductive health, impacting fertility, pregnancy, and overall sexual wellness. Proper nutrition provides essential vitamins, minerals, and energy that support hormonal balance, egg and sperm quality, and the successful implantation of embryos. Metabolic health also influences reproductive outcomes. Insulin resistance and metabolic syndromes, often linked to a poor diet and sedentary lifestyle, can lead to conditions like polycystic ovary syndrome (PCOS), which impairs ovulation. In men, excess body fat is associated with reduced testosterone levels, impacting sperm production. Additionally, oxidative stress, caused by a poor diet and environmental factors, can damage reproductive cells and impact fertility. A balanced diet rich in antioxidants, fiber, and whole foods supports optimal reproductive function, reduces inflammation, and maintains a healthy weight, all critical factors in reproductive success. Thus, integrating nutrition and metabolism considerations into reproductive health plans can improve outcomes for individuals planning conception and reduce complications during pregnancy.

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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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