

## Special Issue

# Nutritional Interventions in Multiple Sclerosis

### Message from the Guest Editors

Multiple sclerosis (MS) is a chronic multifactorial, inflammatory and neurodegenerative disease of the central nervous system where genetic susceptibility interacts with environmental factors. Nutrition is one of the environmental factors that may be involved, and plays an essential role in the pathogenesis and evolution of the disease. However, most people with MS do not meet nutritional guidelines for a healthy diet, and usually self-experiment with diet without control of symptoms, medication interaction or adverse effects. Particular diets or nutrients in the diet can influence the degree of the inflammatory response, suggesting that an appropriate nutritive intervention may improve the risk or prognosis of MS. However, at the present time, there is no strong evidence regarding the efficacy of dietary interventions as a complementary treatment of the disease. The aim of this Special Issue is elucidate the role of nutrition status, health implications of the diet, nutritional treatment, and/or body composition in relation to MS risk, control, as well as clinical status.

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### Deadline for manuscript submissions

closed (26 May 2023)



## Nutrients

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*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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