

## Special Issue

# Iodine Nutrition During Pregnancy, Lactation and Early Life

### Message from the Guest Editors

Iodine deficiency can result in a range of adverse health conditions known under the collective term ‘Iodine Deficiency Disorders’ (IDD). The most recognised condition is goitre, which occurs when hypothyroidism results in the enlargement of the thyroid gland. However, the brain and the central nervous system are especially vulnerable to thyroid hormone deficiency during pregnancy and early life. Exposure of the foetus to severe iodine deficiency during pregnancy can result in cretinism, characterized by severe mental impairment and adverse effects on growth and development. However, research suggests that even mild-to-moderate iodine deficiency during pregnancy can result in cognitive impairment in the offspring. Conversely, excessive iodine intake can also adversely affect thyroid function. It is essential that women and their infants have optimal iodine intake to prevent lifelong consequences. This Special Issue will bring together research on iodine status during pregnancy, breastfeeding and infancy and its effects on health outcomes.

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### Deadline for manuscript submissions

closed (25 April 2025)



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### 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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