

Special Issue

Botanicals and Nutritional Approaches in Metabolic Disorders

Message from the Guest Editor

We are pleased to invite you to contribute to this Special Issue. Diet plays a pivotal role in both the prevention and the management of these conditions, with increasing attention focused on botanicals (plant raw materials, dietary supplements), functional foods, and nutritional approaches. Bioactive compounds derived from plants, in addition to well-designed dietary interventions, have shown promising effects in improving overall metabolic health. For this Special Issue, we welcome original research articles and review papers that explore the role of botanicals, dietary supplements, functional foods, and nutritional approaches in managing metabolic disorders. Possible research areas include (but are not limited to) the following: the investigation of specific foods, bioactive compounds, or plant-derived ingredients on metabolic markers such as glucose metabolism, lipid profiles, and inflammatory responses; the assessment of nutritional compositions in dietary patterns and their implications for metabolic health; and the exploration of mechanistic insights into how phytochemicals and functional ingredients influence metabolic pathways.

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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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