

## Special Issue

# Benefits of Diet and Nutritional Supplements for Frailty in the Old Adult

### Message from the Guest Editors

A critical role in both managing and potentially reversing frailty in older adults is played by diet and nutritional supplements. When combined with regular physical activity, an adequate intake of protein, vitamins, and minerals has been shown to improve muscle mass, strength, and overall physical function, while also reducing inflammation and enhancing nutritional status. The purpose of this Special Issue is to advance our understanding of how nutrition and supplementation can support the prevention and management of frailty in older adults. Particular emphasis will be placed on the interaction and integration of different components. We welcome both original research articles and comprehensive reviews, spanning a range of methodologies—from observational studies to randomized controlled trials. Contributions that explore innovative approaches, mechanistic insights, or practical applications in clinical or community settings are especially encouraged.

### Guest Editors

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### Deadline for manuscript submissions

25 February 2026



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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### Editors-in-Chief

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