

Special Issue

Dietary Supplements in Obesity and Weight Loss Treatments

Message from the Guest Editor

Nowadays, obesity is a pandemic that increases the risk of several chronic diseases, such as diabetes mellitus and cardiovascular and cerebrovascular disease, among others, affecting the quality of life and leading to psychological problems. Weight loss appears to be the most effective therapy for obesity and obesity-related comorbidity. However, several treatments (called magic or miracle diets) might have led to the death of a patient, meaning that it is important for people seeking to lose weight to be followed by a nutrition professional until the individual reaches a desirable body weight. Furthermore, the application of a multidisciplinary focus on slimming diets helps to increase the efficacy of the treatment. In this Special Issue, we welcome reviews and original articles related to any aspect of obesity and weight loss treatments, from the historical and cultural viewpoints of slimming diets to different weight loss treatments and new advances in the nutrigenomics, the microbiome, and gene–environment interactions in obesity patients.

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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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