

Special Issue

Effects of Micronutrient Supplementation on Maternal and Child Health Outcomes

Message from the Guest Editor

Children and women of reproductive age are at greater risk of micronutrient deficiency. Globally, an estimated two-thirds of non-pregnant women of reproductive age and over half of children under five years old suffer from at least one form of micronutrient deficiency.

Furthermore, the magnitude of the problem is much greater in low- and middle-income countries where multiple micronutrient deficiencies often occur concurrently because of a poor-quality diet. Among the micronutrients, the most common deficiencies include iron, vitamin A, iodine, folate, and zinc. While micronutrient deficiencies could be prevented through a healthy diet containing diverse foods, as well as through food fortification and supplementation with micronutrients, the burden of micronutrient deficiency exists as a major public health problem worldwide.

The present Special Issue aims to bring together the latest research on the potential health and developmental impacts of micronutrient supplementation among women of reproductive age including pregnant women, adolescent girls, and children. Submissions of original papers, reviews, meta-analyses, and commentaries on the aforementioned issue are welcome.

Guest Editor

Prof. Dr. Faruk Ahmed

Public Health, School of Medicine and Dentistry, Gold Coast Campus, Griffith University, Gold Coast, QLD 4220, Australia

Deadline for manuscript submissions

5 September 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/209118

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)