

## Special Issue

# Dietary Supplements and Thyroid Diseases: An Update

### Message from the Guest Editors

Thyroid diseases are among the most prevalent endocrine disorders worldwide, impacting millions of people and frequently requiring lifelong care. Alongside conventional therapies, growing attention has been directed toward dietary supplements, reflecting an increasing interest in integrative and personalized approaches to health. Despite their popularity, the connection between supplements and thyroid function is far from straightforward. Certain nutrients and natural products may offer supportive roles in prevention or treatment, yet inappropriate or unregulated use can pose significant risks, making careful assessment essential. The Special Issue is dedicated to presenting a comprehensive, evidence-based analysis of this evolving area. Contributions are invited in the form of original research, systematic reviews, and clinical viewpoints. The collection aims to shed light on underlying mechanisms of action, evaluate potential therapeutic applications, and highlight safety considerations, with the goal of supporting the informed and effective use of dietary supplements in the context of thyroid disorders.

---

### Guest Editors

Dr. Rosaria M. Ruggeri

Dr. Laura Croce

Dr. Maria Cristina Barbalace

---

### Deadline for manuscript submissions

15 July 2026



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 5.0  
CiteScore 10.2  
Indexed in PubMed



[mdpi.com/si/257746](https://mdpi.com/si/257746)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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





# Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 10.2  
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)