

Special Issue

Evidence-Based Nutritional Approaches and Guidelines for Multiple Sclerosis

Message from the Guest Editors

For this Special Issue, “Evidence-Based Nutritional Approaches and Guidelines for Multiple Sclerosis”, we invite contributions that examine the relationship between nutrition and MS, with particular emphasis on evidence-based dietary strategies that may help manage disease symptoms, improve patient outcomes, and promote overall well-being. We especially welcome studies investigating the impact of specific dietary patterns (such as the Mediterranean diet or caloric restriction), as well as the role of functional foods, micronutrients, probiotics, and nutraceuticals in modulating the gut microbiota and influencing immune and neurological responses in MS. This Special Issue aims to provide a comprehensive overview of current knowledge and future directions in nutritional approaches for MS, ultimately contributing to the development of clinical recommendations that can improve patient care and quality of life.

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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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