

Special Issue

Nutritional Support for Human Fertility

Message from the Guest Editors

It is well known that inadequate nutrition can affect fertility as a result of a lack or excess of nutrients. Severe food restrictions and a poor intake of proteins or micronutrients alter reproductive function and reduce ovulatory maturation in women, while zinc and antioxidant micronutrient (selenium, vitamin C) deficiency reduces sperm performance. Metabolic disorders, including diabetes and obesity, associated with excessive energy intake, can affect fertility in both men and women, either by damaging oocyte and sperm cells directly or by interfering with the pituitary–hypothalamic axis. However, healthy dietary patterns such as the Mediterranean diet improve fertility in both sexes. The effects of dietary pollutants and the role of dietary supplements in reproductive function have also been the focus of recent research. This planned Special Issue will include original research articles or reviews on the relationship between nutrition and human fertility.

Guest Editors

Dr. Francesco Francini-Pesenti

Clinical Nutrition Unit, Azienda Ospedale, Università Padova, 35128 Padova, Italy

Dr. Andrea Garolla

Unit of Andrology and Reproductive Medicine, Department of Medicine, University of Padova, Padova, Italy

Deadline for manuscript submissions

closed (5 April 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/162816

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 (UIBS), 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)