

Special Issue

Nutritional Perspectives in Hormonal Health and Endocrine Disorders

Message from the Guest Editors

Hormonal health is shaped by nutrition, lifestyle, and environmental exposures. Dietary patterns and the availability of macro- and micronutrients are essential for maintaining endocrine balance and metabolic regulation, influencing growth, reproduction, and chronic disease prevention. Conversely, endocrine disorders can modify nutrient needs and metabolism, reflecting the bidirectional relationship between nutrition and hormonal function. Growing concern surrounds environmental exposure to endocrine-disrupting chemicals (EDCs), including pesticides, heavy metals, and industrial compounds, which may impair hormone synthesis, signaling, and metabolism. These complex interactions highlight the need for an integrated perspective on endocrine health that addresses both nutritional and environmental determinants. This Special Issue welcomes experimental, epidemiological, and clinical studies, as well as systematic or narrative reviews, aiming to enhance understanding and support strategies for preventing and managing endocrine-related diseases within a public health framework.

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Deadline for manuscript submissions

5 November 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.8
CiteScore 10.2
Indexed in PubMed



mdpi.com/si/253287

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About the Journal

Message from the Editor-in-Chief

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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