

Special Issue

The Effects of Vitamins on Maternal and Infant Health

Message from the Guest Editors

Vitamins play a vital role in maternal and infant health, from early pregnancy through long-term outcomes, as supported by the “Developmental Origins of Health and Disease” (DOHaD) hypothesis. Specific vitamins—such as folic acid and vitamin D—are known to support cell division, prevent neural tube defects, and reduce the risk of pre-eclampsia, preterm birth, gestational diabetes, and low birth weight. While general recommendations for supplementation exist, more robust evidence is needed to guide individualized approaches. Nutrients like iron, vitamin A, vitamin C, calcium, choline, and omega-3 fatty acids may further improve maternal outcomes and promote optimal child development. This Special Issue of *Nutrients* aims to highlight the short- and long-term benefits of vitamin intake during pregnancy. We welcome original research, systematic reviews, and meta-analyses exploring vitamin supplementation, maternal nutrition, and developmental health outcomes.

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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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