

Special Issue

Potassium Intake: Mechanisms and Health Outcomes

Message from the Guest Editor

Potassium is a key dietary factor with important implications for human health. A substantial body of evidence indicates that higher potassium intake is associated with more favorable health outcomes. Nevertheless, potassium intake at the population level remains suboptimal worldwide, and recommended intake targets are frequently not achieved. A central aspect of potassium nutrition is its close relationship with sodium intake. The dietary sodium–potassium balance has emerged as a relevant target for both clinical and public health strategies, with primary emphasis on food-based approaches aimed at increasing potassium intake while reducing sodium consumption.

This Special Issue aims to collect original research articles and reviews addressing potassium intake from dietary and supplemental sources, potassium-enriched salts, interactions with sodium, and health outcomes in the general population and in specific clinical conditions, including studies applying artificial intelligence to potassium research. Together, these contributions may help strengthen the evidence base and inform the development of more consistent, evidence-based international recommendations.

Guest Editor

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Deadline for manuscript submissions

25 December 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.8
CiteScore 10.2
Indexed in PubMed



mdpi.com/si/266198

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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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