

## Special Issue

# Iron Supplements and Intestinal Health

### Message from the Guest Editor

Iron is the most abundant trace element in the human body and plays an important physiological role. However, iron deficiency anemia worldwide remains highly intractable worldwide. Iron supplementation is regarded as an important way to improve iron deficiency anemia, but unabsorbed iron acts as a catalyst for the intestines, causing mucosal inflammation, weakening barrier integrity, reshaping the intestinal microbiota and even leading to intestinal-related diseases. Many clinical data show that these side effects on the intestines can weaken the efficacy of supplements, exacerbate systemic inflammation, and even counteract the benefits of iron homeostasis in the body that we seek. Recently, new types of iron supplements have been found to enhance the bioavailability of iron, improve anemia, and reduce side effects on the intestines. Therefore, this Special Issue invites original research articles, brief exchanges, reviews, and authoritative commentaries to further explore the interaction between iron supplementation and intestinal health.

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### Guest Editor

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### Deadline for manuscript submissions

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## Nutrients

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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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