

Special Issue

Precision Nutrition in Autoimmune and Inflammatory Disorders

Message from the Guest Editors

Autoimmune and inflammatory disorders, such as rheumatoid arthritis, systemic lupus erythematosus, and multiple sclerosis, are closely linked to nutritional status. The practical application of a personalized approach, i.e., precision nutrition, based on genetics, metabolic needs, and immunological profiles, offers a promising strategy for managing these chronic disorders. Recent research has highlighted the potential of dietary interventions to influence immune responses, decrease systemic inflammation, and improve quality of life. Among the specific nutrients and bioactive compounds are vitamin D, omega-3 fatty acids, polyphenols, trace elements, and anti-inflammatory dietary patterns. Addressing deficiencies in patients with chronic inflammation is essential for achieving optimal clinical outcomes. The aim is to restore the nutritional balance after identifying the specific needs by a personalized adjuvant targeted supplementation. The potential of precision nutrition is promising for patients, practitioners and researchers alike, but prevention, routine application and long-term patient adherence are the major challenges we are facing.

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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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