

Special Issue

Therapeutic Opportunities for Food Supplements in Neurodegenerative Disease

Message from the Guest Editor

Many epidemiologic studies report a protective association between a balanced and adequate diet and cognitive impairment, brain health and neurodegenerative diseases. The neuroprotective properties may be linked directly to caloric restrictions or to some neuroprotective properties of food (in long-chain-polyunsaturated fatty acids, vitamin E and mineral elements).

Preventive interventions on neuroinflammation seem to be able to interfere with neurodegeneration, enhancing antioxidative defense, and lowering the risk and incidence of age-related diseases, such as cardiovascular diseases and neurodegenerative diseases. It should be noticed that dietary supplementation-based strategies have been demonstrated to be effective in subjects with mild cognitive impairment, or directly in metabolic disorders in whom a specific enzymatic deficit may require specific dietary restrictions.

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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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