

Special Issue

Nutritional and Dietary Aspects in Ovarian Health

Message from the Guest Editor

Nutritional and dietary aspects play a crucial role in ovarian health, influencing hormonal balance, fertility, and overall reproductive function.

Manuscripts in this area can be categorized into several types. Original Research Articles that present novel findings from studies examining the effects of various diets, supplements, or nutrients on ovarian health outcomes. Systematic Review Articles that synthesize the existing literature to highlight the current knowledge and identify gaps in research, offering insights into the relationship between diet and ovarian conditions. Clinical Guidelines that provide recommendations based on evidence for healthcare professionals regarding dietary interventions for patients with ovarian health issues.

Additionally, Case Reports that illustrate individual experiences with dietary changes and their effects on ovarian health. Editorials and Commentary Pieces that discuss emerging trends, controversies, or new hypotheses in the field. Collectively, these manuscripts contribute to a deeper understanding of how nutritional strategies can promote optimal ovarian function and inform clinical practices for improved reproductive health.

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About the Journal

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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