

## Special Issue

# The Role of Minerals and Trace Elements in Diabetes and Insulin Resistance

### Message from the Guest Editor

The intricate interplay of minerals and trace elements emerges as a critical factor in both the onset and management of diabetes and insulin resistance. Key minerals, including magnesium, zinc, and chromium, are essential for optimal insulin function and glucose metabolism. Magnesium facilitates insulin action, zinc is vital for insulin storage and secretion, and chromium enhances insulin sensitivity. Deficiencies in these minerals can contribute to insulin resistance, a defining feature of Type 2 diabetes. Additionally, trace elements such as vanadium and manganese show promise in improving glycemic control. Recognizing the nuanced relationship between these micronutrients and diabetes is essential for tailoring effective nutritional interventions and preventive measures. Unleashing the potential benefits of these elements holds promise in addressing the global challenge of diabetes and enhancing insulin responsiveness. We welcome related experts to contribute their relevant research results to our Special Issue, including but not limited to Articles and Reviews.

### Guest Editor

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### Deadline for manuscript submissions

closed (25 August 2024)



## 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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