

Special Issue

The Role of Nutrients and Food Components in Liver and Gastrointestinal Health and Disease

Message from the Guest Editor

The liver–gut axis is a bidirectional communication system between the liver and the gut. Both organs communicate with each other via the biliary tract, the portal vein, and the systemic circulation. A well-balanced and functional liver–gut axis is associated with overall health. Alterations in gut barrier permeability, the composition of the gut microbiome, and circulating levels of enterohepatic bile acids, induced by certain types of diet, have been implicated in the etiopathogenesis of liver diseases. On the other hand, the role of specific nutrients and food components in microbiome composition and the liver–gut axis has begun to be elucidated. We aim to collect articles providing new and relevant information regarding the role of specific nutrients and food components in the microbiome and the gut–liver axis. This includes, but is not limited to, studies on (1) the effect of nutrient inadequacy/supplementation, (2) the efficacy of phytochemical supplementation, (3) the effect of certain types of diets, and (4) the role of single nucleotide polymorphisms (SNPs) in the interplay between diet and the liver–gut axis.

Guest Editor

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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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