

Special Issue

Carnitine and Derivatives in Health and Disease

Message from the Guest Editor

Carnitine and its derivatives are nutrients that play an essential role in the transportation of fatty acids across inner mitochondria. The carnitine system is involved in some genetic diseases, energy production, the discharge of accumulated toxic substances, the reduction of chemical damage, the optimization of the processes of muscle tissue repair, and the improvement of physical and mental performance. The multifaceted mechanisms by which carnitine and its derivatives exert their beneficial effects, such as increased protein synthesis and reduced muscle degradation, represent an important objective of clinical research. L-carnitine and its derivatives have been proposed as a supplementary treatment to conventional medicine, including liver diseases, diabetes kidney disease, male infertility, sarcopenia, fatigue, neuromuscular disease, and cognitive and memory impairment.

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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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