

Special Issue

The Role of Dietary Supplements in Appetite Regulation and Body Weight Management

Message from the Guest Editor

The expanding and unsupervised use of dietary supplements is being increasingly reported worldwide. The increased focus/social pressure on body image, physical appearance, and physical fitness is a major driver of the use of dietary supplements, not only among athletes but also in other sectors of the population. The rise in demand for dietary supplements is generally attributed to reasons including, but not limited to, enhancing performance, improving health, decreasing body fat, and reducing stress. The role of dietary supplements in appetite regulation and body weight management has also been explored. Some supplements have been promoted for suppressing appetite and supporting weight loss, whereas others have been shown to stimulate appetite and regulate metabolic abnormalities that cause the inefficient utilization of nutrients in conditions. However, the exact benefits of dietary supplements are still not well established.

This Special Issue aims to communicate up-to-date evidence-based knowledge on the role of dietary supplements in appetite regulation and body weight management and the underlying mechanisms of action. All forms of manuscripts are welcome.

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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