

## Special Issue

# Magnesium in Aging, Health and Diseases

### Message from the Guest Editors

Magnesium (Mg) metabolism undergoes several changes with aging, including reduced dietary intake, impaired intestinal absorption, and increased renal excretion. Mild Mg deficiency is often asymptomatic, with vague or absent clinical signs, making it easily overlooked. However, chronic Mg deficiency promotes oxidative stress by increasing free radical production, contributing to the development of various age-related diseases.

Low Mg levels have been linked to a wide range of conditions. Given its widespread physiological roles and potential impact on aging-related pathologies, Mg status deserves careful attention, particularly in older adults. Dietary Mg intake and/or supplementation—including Mg-rich water sources—should be considered in the prevention or correction of Mg deficits.

In this Special Issue, we welcome original research, reviews, and meta-analyses encompassing in vitro, animal, and human in vivo studies. Submissions addressing genetic, epigenetic, and metabolic aspects of Mg, as well as public health strategies for Mg fortification, are strongly encouraged. Our goal is to advance the understanding of how Mg may contribute to health optimization.

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### Guest Editors

Prof. Dr. Mario Barbagallo

Prof. Dr. Ligia J. Domínguez

Dr. Nicola Veronese

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### Deadline for manuscript submissions

15 February 2026



## 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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