

Special Issue

Precision Use of Dietary Supplements in Cardiovascular, Metabolic, and Inflammatory Disorders

Message from the Guest Editors

Cardiovascular and metabolic disorders remain among the leading causes of morbidity and mortality worldwide. A growing body of evidence suggests that dietary supplements may play a role in modulating lipid profiles, glucose metabolism, blood pressure, and inflammatory markers.

This Special Issue aims to provide a comprehensive and integrative overview of the applicability of dietary supplements in cardiovascular, metabolic, and inflammatory health. We welcome submissions that investigate both mechanistic and clinical perspectives, including randomized controlled trials, cohort studies, systematic reviews, and meta-analyses. Special attention will be given to interventions involving vitamins, minerals, phytochemicals, functional foods, and nutraceuticals, with a focus on outcomes such as cholesterol and triglyceride levels, insulin sensitivity, vascular function, blood pressure regulation, and biomarkers of systemic inflammation. We are pleased to invite you to contribute to the Special Issue of *Nutrients* entitled “Precision Use of Dietary Supplements in Cardiovascular, Metabolic, and Inflammatory Disorders”.

Guest Editors

Dr. Vitor Engrácia Valenti
Prof. Dr. Luiz Carlos De Abreu
Dr. Lucas Fornari Laurindo

Deadline for manuscript submissions

5 May 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/257549

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)