

Special Issue

Implications of Mineral–Mineral Interactions for Human Health

Message from the Guest Editor

Mineral elements, which we classify as micronutrients, are important in many aspects of nutritional health yet they are often studied in isolation, without recognition of the effect one mineral may have on another. Dietary recommendations rarely reflect the unique relationships minerals have with each other that can be related to absorption, utilization or excretion. Some interactions involve synergy, others are competitive, and some may trigger changes in homeostatic controls. The resulting health effects may cause deficiency or prevent it, while other interactions may cause toxicity or prevent it. Much is to be learned about mineral interactions in order to better estimate dietary needs that can be translated into dietary recommendations. This Special Issue of the journal *Nutrients* aims to add to the understanding of mineral–mineral interactions with novel studies and insightful reviews that will inform nutrition science regarding mineral–mineral relationships that affect human health.

Guest Editor

Prof. Dr. Susan J. Whiting

College of Pharmacy and Nutrition, University of Saskatchewan, 107 Wiggins Road, Saskatoon SK S7N 5E5, Canada

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

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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.

Editors-in-Chief

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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 (UIBS), 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

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