

## 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.

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### Guest Editor

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## 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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