

Special Issue

The Many Roles of Vitamin D in Bones, Muscle, Adipose Tissue and Metabolism

Message from the Guest Editor

The important role of vitamin D in bones, muscle, adipose tissue, and metabolism is increasingly well recognised. Vitamin D is crucial for the regulation of whole-body calcium handling, bone health, and normal muscle size and function. Vitamin D deficiency is associated with common chronic diseases such as osteoporosis, sarcopenia, cardiovascular disease, etc. A recent large study shows that decreased vitamin D is associated with increased risk of all-cause mortality. Thus, studying the relationship between vitamin D and metabolism is important. This Special Issue will collect both original research and reviews on vitamin D and human health, such as bone health, muscle health, adipose tissue, metabolism, exercise, etc.

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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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