

Special Issue

Vitamin D and Age-Related Diseases

Message from the Guest Editors

This Special Issue aims to achieve the following: (a) Investigate the role of vitamin D in health and aging, from molecular mechanisms to clinical outcomes; (b) Assess the impact of vitamin D supplementation on age-related diseases, including type 2 diabetes, atherosclerosis, Alzheimer's disease, and insulin resistance; (c) Analyze the association between serum 25-hydroxyvitamin D (25(OH)D) levels, dietary intake, supplementation, and key physiological pathways in older adults; (d) Review current research on vitamin D metabolism and its relevance to aging-related chronic diseases; (e) Explore effective strategies to prevent deficiencies and optimize vitamin D status across different life stages.

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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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