

Special Issue

Metals: Balancing Act in Health and Disease

Message from the Guest Editors

Essential metals play a fundamental role in human health, acting as cofactors and regulators in metabolic pathways, cellular growth, organ development, and immune function. Their biological effects depend on a delicate balance between adequate intake, bioavailability—which is strongly influenced by interactions among metals and with other dietary components—and excessive exposure. Variability in metal concentrations in dietary sources, including food and drinking water, as well as differences in nutritional practices and environmental exposures, can significantly affect metal status, leading to deficiency, adequacy, or toxicity. Both extremes may be associated with adverse health outcomes. We invite researchers to contribute original research articles, epidemiological and interventional studies, biomonitoring data, and comprehensive reviews addressing the complex balance of metals in health and disease. Contributions focusing on mechanistic and translational research are especially encouraged. Topics of interest include, but are not limited to, studies spanning exposure, internal dose, mechanisms, and clinical outcomes related to metal balance in health and disease.

Guest Editors

Dr. Maria João Martins
Dr. Agostinho Almeida
Dr. Helena Carmo

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

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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

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