

Special Issue

Effects of Lactoferrin Supplementation on Inflammation, Immune Function and Prevention of Respiratory Infections

Message from the Guest Editors

Lactoferrin (LF) is a versatile glycoprotein naturally found in human milk (HM) and other secretions. Known for its antimicrobial, immunomodulatory and anti-inflammatory properties, it plays a crucial role in supporting the immune system, promoting gut maturation and protecting neonates—especially preterm infants—against severe infections like necrotizing enterocolitis (NEC) and late-onset sepsis (LOS). These benefits arise from its ability to chelate iron, limiting its availability to pathogens while enhancing host defenses and microbiota diversity. Recent studies highlight lactoferrin's antiviral effects, including its role in inhibiting viral entry during the SARS-CoV-2 pandemic and its capacity to modulate inflammation by regulating cytokine production and suppressing pro-inflammatory mediators. Despite promising results, questions remain about the optimal dosage, timing of administration, usage together with probiotics or other drugs, and long-term safety. Further exploration is needed to establish guidelines for its routine use in clinical and preventive settings.

Guest Editors

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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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