

Special Issue

Zinc Supplementation and Anemia

Message from the Guest Editor

Zinc is an essential trace element, and anemia is the most common blood disorder. It has been shown that zinc deficiency and excess could contribute to anemia, and abnormal zinc levels (lower plasma zinc and higher erythrocyte zinc) in the blood could be the consequence of anemia. It was reported that zinc supplementation combined with iron therapy can increase hemoglobin levels and improve iron indexes more than iron alone. Animal studies also indicated that zinc supplementation could relieve anemia by inducing new red blood cell formation. In handling anemia, zinc supplementation may have preventive and curative effects. However, little is known about whether zinc supplementation improves nutritional, inflammatory, or micronutrient status. This Special Issue plans to give an overview of the most recent advances in the field of zinc supplementation and anemia in diverse areas. The issue aims to provide selected contributions on advances in the effects and mechanism involved, as well as to recommend the amount and duration of zinc supplementation. This Special Issue invites original research and review papers on the topic of zinc supplementation and anemia.

Guest Editor

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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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