

## Special Issue

# Nutrition to Optimise Human Health

### Message from the Guest Editor

In many countries and legal jurisdictions, the communication about these health effects is strictly regulated in an attempt to protect consumers from being misled by unsubstantiated and pharmaceutical claims. Slight differences arise between these jurisdictions, both in legal requirements as well as in the requirements on how to scientifically substantiate such claims. In this Special Issue, we aim to bridge the gap between nutrition and food law, specifically related to health effects and health claims. We would like to bring readers closer to the state-of-the-art developments in the field by gathering papers that cover different aspects of the relationship between nutrition and health effects, addressing health claims, or detailing the legislative requirements for claims on foods. Original research articles and reviews (systematic reviews, critical reviews and meta-analyses) are welcome.

### Guest Editor

Dr. Alie de Boer

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### Deadline for manuscript submissions

closed (15 March 2021)



## Nutrients

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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.

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