

Special Issue

Impacts of Nutrient and Water Intake on Hydration Biomarkers

Message from the Guest Editor

Optimal fluid balance is essential for the human body to maintain the regular function of metabolism, temperature regulation, cellular homeostasis, and overall health. Hydration status can be impacted by many factors, including daily water intake and diet. In order to optimize fluid balance through water intake and diet, it is important to understand how these can change various hydration biomarkers, which can not only assess hydration status but also be related to health and performance outcomes. Therefore, this Special Issues is looking for a wider range of research studies investigating the impact of nutrient and water intake on various hydration biomarkers. We look forward to receiving your contributions.

Guest Editor

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Deadline for manuscript submissions

closed (15 April 2026)



Nutrients

an Open Access Journal
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Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/254252

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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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