

Special Issue

Assessment of Vitamin Deficiency and Benefits of Vitamin Supplementation for Human Health

Message from the Guest Editor

Vitamins are essential nutrients that the body needs to function properly. One's intake via their diet is often inadequate compared to recommendations.

Recommendations are often defined to avoid deficiencies. However, it is no longer about vitamin deficiency. Optimal status provides many health benefits. In the Special Issue, the following aspects should be covered: - What are cut off points for deficiency, suboptimal status, and optimal status?

- Which biomarkers should be used to assess vitamin status?

- What are the benefits of optimal status for long-term health? Also, the contributions should next address the benefits of single vitamins and how vitamins work in concert regarding the optimal range.

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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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