

## Special Issue

# The Role of Magnesium Status in Human Health

### Message from the Guest Editor

Cardiovascular deaths, including ischaemic heart disease and stroke, account for the top two global causes of death. Magnesium is the fourth most abundant cation in the human body and is involved in several essential physiological, biochemical, and cellular processes regulating cardiovascular function. In the heart, magnesium plays a key role in modulating neuronal excitation, intracardiac conduction, and myocardial contraction by regulating a number of ion transporters, including potassium and calcium channels. Magnesium also has a role in regulating vascular tone, atherogenesis and thrombosis, vascular calcification, and the proliferation as well as migration of endothelial and vascular smooth muscle cells. As such, magnesium has a major influence on the pathogenesis of cardiovascular disease. This Special Issue is to provide cutting-edge research, especially original (epidemiological, clinical, and experimental) and review articles (including systematic reviews and meta-analyses), regarding the relationship between dietary magnesium intake and heart failure, coronary heart disease, and cardiovascular disease and/or risk factors in different populations.

### Guest Editor

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### Deadline for manuscript submissions

closed (15 October 2025)



## 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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