

Special Issue

A New Perspective: The Effect of Trace Elements on Human Health

Message from the Guest Editors

Trace elements are crucial for human health, playing significant roles in various biochemical processes and maintaining physiological functions. Key trace elements, such as zinc, selenium, copper, and iron, are involved in enzyme activity, immune response, and antioxidant defense. Deficiencies in these elements can lead to serious health issues, including impaired immune function, anemia, and the increased risk of chronic diseases like cardiovascular disease and diabetes. Furthermore, the balance and bioavailability of trace elements are influenced by dietary patterns, health status, and environmental factors. It is essential to promote the proper intake of these micronutrients through balanced diets or supplementation, particularly in vulnerable populations. Continued research is needed to better understand the complex interactions of trace elements in human health and to develop effective public health strategies for nutrient optimization.

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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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