

Special Issue

Ironing Human Health: From Basic Discovery to Clinical Translational Medicine

Message from the Guest Editor

Dear colleagues, Iron is an essential trace element for human health. Iron homeostasis in the whole body and at cellular levels needs to be maintained to participate in a variety of physiological and metabolic activities. Since either iron deficiency or iron overload can lead to various pathological conditions, iron homeostasis needs to be tightly regulated. Iron can be supplemented through diets. Iron from food comes in two forms: heme and non-heme. Heme is found only in animal flesh, such as meat, poultry, and seafood. Non-heme iron is found in plant foods, such as whole grains, nuts, seeds, legumes, and leafy greens. Non-heme iron is also found in animal flesh (as animals consume plant foods with non-heme iron) and fortified foods. This Special Issue will encourage clinical studies, investigations, and basic research progress as well as review articles related to dietary iron supplementation, iron homeostasis, and iron metabolism in human health and disease.

Guest Editor

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Deadline for manuscript submissions

closed (18 September 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/128167

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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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