

## Special Issue

# Probiotics, Prebiotics, and Gut Health: New Frontiers in Treating Obesity, Diabetes, and Metabolic Disorders

### Message from the Guest Editor

This Special Issue focuses on the emerging role of prebiotics and probiotics in the prevention and management of type 2 diabetes. It will explore the complex association between gut microbiota modulation, diet, and diabetes or metabolic health, examining how these beneficial microbial agents can influence blood sugar control, insulin sensitivity, and overall metabolic function. Research areas may include the impact of prebiotic fibers and probiotic strains on glycemic control, insulin resistance, inflammation, gut barrier integrity, and the prevention of diabetes-related complications. This Special Issue also investigates the mechanisms through which gut microbiota-derived metabolites, such as short-chain fatty acids, influence glucose metabolism and immune regulation. This Special Issue aims to provide a comprehensive overview of the latest scientific advancements in this field, highlighting potential clinical applications and future research directions.

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### Guest Editor

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### Deadline for manuscript submissions

closed (25 March 2026)



## Nutrients

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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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