

## Special Issue

# Nutrition for Fertility: Dietary Strategies to Improve Reproductive Health

### Message from the Guest Editors

Infertility is no longer a marginal concern—it is a global health priority, affecting millions of individuals and couples worldwide. In this context, nutrition has emerged as a fundamental and modifiable determinant of reproductive health, influencing key processes such as gamete quality, hormonal balance, endometrial receptivity, and pregnancy outcomes.

Growing evidence highlights how dietary patterns, micronutrients, and bioactive compounds regulate metabolic, inflammatory, and oxidative pathways that are directly involved in fertility. Moreover, the interaction between nutrition and both gut and reproductive microbiota represents a crucial axis in shaping reproductive potential.

This Special Issue of *Nutrients* aims to place nutrition at the core of reproductive medicine, bringing together cutting-edge research and clinically relevant insights focused on nutritional strategies to improve fertility outcomes. We welcome contributions investigating targeted dietary interventions, nutrient–gene interactions, microbiota modulation, and the role of environmental and lifestyle factors through a nutritional lens.

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### Guest Editors

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### Deadline for manuscript submissions

15 January 2027



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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### Editors-in-Chief

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