

Special Issue

The Role of Food Supplements in Human Health

Message from the Guest Editors

The European Food Safety Authority defines food supplements as concentrated sources of nutrients or other substances with a nutritional or physiological effect that are marketed in “dose” form. Food supplements are not intended to diagnose, treat, cure, or prevent any disease, but they can exert health benefits by supporting the physiological functions of the human body. Nowadays, more and more people are using food supplements for their wellness; consumers are drawn as a result of both their easy accessibility and the increasing focus on personal health. However, evidence about the specific mechanisms underlying their beneficial effects is lacking and requires further investigation.

This Special Issue will focus on the latest advances regarding food supplements. Particularly welcome will be high-quality evidence on the following topics: (i) the mechanisms that could explain the beneficial effects exerted by food supplements, clarifying their potential role in human health or in conditions affected by unhealthy diets and lifestyles, such as dyslipidemia, diabetes, obesity, or inflammatory disorders; and (ii) the interaction between dietary supplements and conventional drugs.

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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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