

Special Issue

Dietary Recommendations for Hypertension

Message from the Guest Editor

Hypertension is one of the most powerful risk factors for cardiovascular events. Around one-quarter of the world's population is considered hypertensive, and this condition is responsible for about 41% of cardiovascular disease-related deaths.

Recently, an imbalance in the gut microbiota composition relative to its healthy state has been associated with hypertension; however, the mechanisms involved in BP regulation that are controlled by the microbiota have not yet been fully elucidated. It is essential to maintain the delicate balance in the gut microbiota to achieve the intestinal immunity and whole-body homeostasis. Therefore, manipulating the gut microbiota through the use of probiotics, prebiotics, or postbiotics may lead to the development of novel antihypertensive therapies.

This Special Issue will focus on both basic and translational research as well as on clinical evidence in order to achieve complete comprehension of how modulating the gut microbiota is involved in hypertension. Research will also consider the role of the immune system and sympathetic nervous system.

Guest Editor

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Deadline for manuscript submissions

closed (25 November 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/137161

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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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