

Special Issue

The Impact of Dietary Choline Modulation on Health

Message from the Guest Editor

Maintaining optimal levels of the essential dietary nutrient choline is key for the maintenance of cardiovascular, neurological, and metabolic health. Current thinking is that most adults fail to achieve sufficient dietary choline and that this may contribute to impaired health in the general population. However, the beneficial effects of choline supplementation, beyond that in diagnosed choline deficiency or increased physiological need (e.g., pregnancy), remain controversial. A growing understanding of the role of endogenous choline production—through, for example, phospholipid metabolism—has added the potential for tissue-level choline modulation, independently of systemic and dietary sources of choline. This Special Issue aims to provide a better understanding of the interplay between dietary choline modulation and the endogenous pathways that regulate tissue-level choline metabolism and its cellular effects. It will explore whether modulation of tissue-specific endogenous pathways of choline metabolism may be an additional therapeutic avenue for improved metabolic health beyond simple dietary supplementation.

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Deadline for manuscript submissions

closed (15 July 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/170027

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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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