

Special Issue

Dietary Supplements Intake and Efficiency in Mental Disorders

Message from the Guest Editors

Mental illness is an increasing burden on societies around the world. Depression and anxiety disorders are undoubtedly civilization diseases, leading, akin to other mental disorders, to disability and suffering. Increasing the knowledge about the basis and pathophysiology of mental illness is a challenge for modern science. Research and new discoveries in this field will allow for the development of new therapeutic strategies. Dietary deficiencies, improper nutrition and obesity are another civilization problem—especially in poor environments. The evaluation of the relationship between nutrition, dietary supplementation and mental disorders is a promising field for research and new discoveries.

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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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