

Special Issue

Dietary Trace Minerals

Message from the Guest Editor

Minerals that are required in small amounts for human health are known as trace minerals or trace elements. These include chromium, copper, fluoride, iodine, iron, manganese, selenium, and zinc. Minerals form only five percent of the typical human diet but are essential for normal health and function. Trace elements (or trace minerals) are usually defined as minerals that are required in amounts between 1–100 mg/day by adults or make up less than 0.01 percent of total body weight. Recommended intakes for trace elements are expressed as Recommended Dietary Allowances (RDA) or Adequate Intake. The Upper Limit is the quantity of the nutrient considered to cause no adverse effects in healthy individuals. These parameters have been estimated for each trace mineral. The purpose of the current Special Issue is to further expand and add research knowledge on the vital role that dietary trace minerals hold in various physiological and metabolic pathways. In addition, to add more knowledge in regards to the relationship between dietary trace minerals bioavailability, the microbiome and bioactive compounds.

Guest Editor

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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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