

## Special Issue

# The Impact of Fasting on Human Health: Which Is the Current Evidence?

### Message from the Guest Editors

In the last few decades, the topic of fasting has attracted considerable interest from researchers and scholars. An emerging body of literature is showing the beneficial effects of fasting on human health, both in terms of molecular and cellular mechanisms (using in vitro experimentation and animal models) and clinical outcomes. Different fasting regimens and protocols exist, including a periodic diet, caloric or dietary restriction, dietary manipulation, intermittent/time-restricted circadian fasting, and short-term and prolonged fasting. However, from a methodological standpoint, scientific evidence, and a comparison of the effectiveness of the different fasting regimens, is still missing. Therefore, original investigations and studies on humans, especially randomized clinical trials, are especially welcome in this Special Issue. High-quality reviews, with a focus on systematic reviews and meta-analyses, will be appreciated as well. Dr. Nicola Bragazzi  
Dr. Mohammad Adawi

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### Guest Editors

Dr. Nicola Luigi Bragazzi  
Prof. Dr. Adawi Mohammad  
Prof. Dr. Abdulla Watad

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### Deadline for manuscript submissions

closed (30 September 2020)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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