

Special Issue

Natural Products, Micronutrient and Nutraceuticals to Improve Mood Disorders and Enhance Cognitive Function

Message from the Guest Editor

Emotional and cognitive dysfunctions are increasing in our society, leading to neuropsychiatric disorders. Among the preventive strategies that are encouraged, nutrition is a crucial environmental contributing factor to which the individuals are exposed throughout their life.

Epidemiological, clinical, and preclinical data suggest that poor dietary habits largely contribute to emotional and cognitive dysfunctions that are exacerbated with age, whereas dietary supplementation may help to improve mood disorders and enhance cognitive functions. The use of certain nutrients as medicinal supplements influences specific molecular systems and mechanisms that maintain mental function. Evidence supports the beneficial effects of several micronutrients such as polyphenols, vitamins, essential fatty acids, and minerals on brain health.

Here, we invite experts to contribute to this Special Issue with original research or review articles that investigate the effects of natural products, micronutrients, and nutraceuticals on mental health that may participate in the development of novel predictive, personalized, and preventive participatory approaches.

Guest Editor

Dr. Corinne Joffre

INRAE, Nutrition and Neurobiology, Integrated, UMR 1286, Bordeaux, France

Deadline for manuscript submissions

closed (25 June 2022)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/64712

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)