

Special Issue

Dietary Supplements for Metabolic and Gastrointestinal Disorders

Message from the Guest Editors

In addition to vitamins, minerals and amino acids, dietary supplements can contain herbs or other botanicals and many other ingredients. They health or support a body function. Nowadays two major areas of interest for dietary supplement intervention are metabolic and gastrointestinal diseases and disorders. Metabolic disorders occur when abnormal chemical reactions in the body disrupt a physiological process. When this happens, an increase or decrease of some substances needed to stay healthy is observed, such as in dyslipidemia or dysglycemia or in alterations of muscular or bone or liver tissue. A lot of research is ongoing in the field of dietary supplement intervention in various gastrointestinal diseases such as functional disturbances as well as inflammatory bowel diseases, liver diseases, gut microbiota and disorders of gut-brain interaction. These are hot research topics: as a consequence there is great need of published data to determine the true value of specific dietary supplements for the management of various metabolic and gastrointestinal disorders.

Guest Editors

Prof. Dr. Attilio Giacosa

Unit of Digestive Trait Endoscopy, CDI (Centro Diagnostico Italiano), Milan, Italy

Prof. Dr. Mariangela Rondanelli

Unit of Human and Clinical Nutrition, Department of Public Health, Experimental and Forensic Medicine, University of Pavia, 27100 Pavia, Italy

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

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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.

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 (IUIBS), 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

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