

## Special Issue

# Nutritional Support for Human Fertility

### Message from the Guest Editors

It is well known that inadequate nutrition can affect fertility as a result of a lack or excess of nutrients. Severe food restrictions and a poor intake of proteins or micronutrients alter reproductive function and reduce ovulatory maturation in women, while zinc and antioxidant micronutrient (selenium, vitamin C) deficiency reduces sperm performance. Metabolic disorders, including diabetes and obesity, associated with excessive energy intake, can affect fertility in both men and women, either by damaging oocyte and sperm cells directly or by interfering with the pituitary–hypothalamic axis. However, healthy dietary patterns such as the Mediterranean diet improve fertility in both sexes. The effects of dietary pollutants and the role of dietary supplements in reproductive function have also been the focus of recent research. This planned Special Issue will include original research articles or reviews on the relationship between nutrition and human fertility.

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### Guest Editors

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### Deadline for manuscript submissions

closed (5 April 2024)



## Nutrients

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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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### Editors-in-Chief

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