

Special Issue

The Role of Dietary Supplements in Appetite Regulation and Body Weight Management

Message from the Guest Editor

The expanding and unsupervised use of dietary supplements is being increasingly reported worldwide. The increased focus/social pressure on body image, physical appearance, and physical fitness is a major driver of the use of dietary supplements, not only among athletes but also in other sectors of the population. The rise in demand for dietary supplements is generally attributed to reasons including, but not limited to, enhancing performance, improving health, decreasing body fat, and reducing stress. The role of dietary supplements in appetite regulation and body weight management has also been explored. Some supplements have been promoted for suppressing appetite and supporting weight loss, whereas others have been shown to stimulate appetite and regulate metabolic abnormalities that cause the inefficient utilization of nutrients in conditions. However, the exact benefits of dietary supplements are still not well established. This Special Issue aims to communicate up-to-date evidence-based knowledge on the role of dietary supplements in appetite regulation and body weight management and the underlying mechanisms of action. All forms of manuscripts are welcome.

Guest Editor

Dr. Dalia El Khoury

Department of Family Relations and Applied Nutrition, University of Guelph, Guelph, ON, Canada

Deadline for manuscript submissions

closed (20 January 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 4.8
CiteScore 9.2
Indexed in PubMed



mdpi.com/si/123945

Nutrients

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 4.8
CiteScore 9.2
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 (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

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 (Food Science)