

## Special Issue

# Nutritional Strategies in the Prevention and Treatment of Metabolic Syndrome

### Message from the Guest Editors

Metabolic syndrome, which is a cluster of comorbid conditions, including obesity, hypertension, and disordered carbohydrate, and lipid metabolism constitutes a significant health and social problem around the world. The most important risk factors are diet (particularly sugar-sweetened beverage consumption), genetics, aging, low physical activity, and excessive alcohol use. Evidence from various preclinical and clinical studies has revealed that various dietary components (nutrients, phytochemicals, prebiotics/probiotics, etc.) play a significant role in the prevention and treatment of metabolic syndrome and emerge as potential therapeutic agents in a broad range of metabolic syndrome models. This Special Issue aims to provide current contemporary knowledge on the effects of dietary components (nutrients, phytochemicals, prebiotics/probiotics, etc.) on metabolic syndrome, with the ultimate aim of offering new insights into potential preventive or therapeutic approaches (dietary and pharmacological intervention) for the clinical management of metabolic syndrome.

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### Deadline for manuscript submissions

closed (5 September 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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