



Resting Metabolic Rate and Health

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Message from the Guest Editors

Dear colleagues,

In humans, the resting metabolic rate normally accounts for 60–70% of energy expenditure over 24 hours (e.g., in healthy sedentary adults). In simple terms, among other metabolic implications, a low resting metabolic rate (or a low energy expenditure while resting) could be considered as an indicator of potential weight (re)gain in the future, as suggested by the previous literature.

This Special Issue of *Metabolites* will be dedicated to extensive applications of resting metabolic rate assessments, as well as related methodological perspectives that may be of interest for the resting metabolic rate assessment field. The topics that will be covered by this Special Issue include, but are not limited to, the relationship between resting metabolic rate and health-related biomarkers, metabolic implications of the resting metabolic rate, and other methodology aspects to improve the resting metabolic rate assessments. Manuscripts dealing with other challenging issues are also highly desired.





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Editor-in-Chief

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Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

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