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

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Message from the Guest Editor

Dear Colleagues,

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.



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Special Issue



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Message from the Editorial Board

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