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## Nutritional Strategies in the Prevention and Treatment of Metabolic Syndrome

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### 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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# Special Issue



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