



*nutrients*



an Open Access Journal by MDPI

## Preventing the Adverse Effects of SARS-CoV-2 Infection and COVID-19 through Diet, Supplements and Lifestyle

Guest Editors:

**Dr. William B. Grant**

Sunlight, Nutrition, and Health  
Research Center, P.O. Box  
641603, San Francisco, CA 94164-  
1603, USA

[williamgrant08@comcast.net](mailto:williamgrant08@comcast.net)

**Dr. Ronan Lordan**

Institute for Translational  
Medicine and Therapeutics,  
Perelman School of Medicine,  
University of Pennsylvania,  
Philadelphia, PA, USA

[Ronan.Lordan@ul.ie](mailto:Ronan.Lordan@ul.ie)

Deadline for manuscript  
submissions:

**31 August 2021**

### Message from the Guest Editors

Dear Colleagues,

The world is in the second year of the COVID-19 pandemic. The pandemic continues to have a tremendous impact on society through the direct and indirect effects on health and trying to stay healthy. The primary means being used to reduce the risk of COVID-19 include social distancing, lockdowns, testing and quarantine, wearing masks, cleaning surfaces and atmospheres in closed spaces, and vaccinations. Those who develop COVID-19 may be treated with various drugs, which are still under development. No singular approach can stop the pandemic by itself. The more approaches that are employed, the better the chances are to quell its devastating effects. However, some of the approaches being used, such as lockdowns, have significant adverse effects on people and the economy. In addition, for many underdeveloped countries, the measures employed in the developed countries may not be possible or appropriate to their situations.

This Special Issue seeks manuscripts that address natural approaches related to diet and supplements to reduce the risk of COVID-19 and its effects.



[mdpi.com/si/78770](https://mdpi.com/si/78770)

# Special Issue



# *nutrients*



an Open Access Journal by MDPI

## Editors-in-Chief

### **Prof. Dr. Lluís Serra-Majem**

Professor of Preventive Medicine & Public Health, Director of the Research Institute of Biomedical and Health Sciences, University of Las Palmas de Gran Canaria, Spain

### **Prof. Dr. Maria Luz Fernandez**

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

## 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.

## 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, AGRICOLA, AGRIS, and many other databases.

**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / 2020 CiteScore - Q1 (*Food Science*)

## Contact Us

---

*Nutrients*  
MDPI, St. Alban-Anlage 66  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
Fax: +41 61 302 89 18  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/nutrients](http://mdpi.com/journal/nutrients)  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)  
[@Nutrients\\_MDPI](https://twitter.com/Nutrients_MDPI)