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Special Issue Reprint

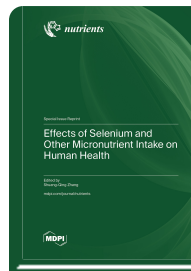
Effects of Selenium and Other Micronutrient Intake on Human Health

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Selenium, which is an important microelement for human health, plays a critical role in a wide variety of homeostatic processes through selenoproteins. These include endoplasmic reticulum homeostasis, immune response, regulation of transcription factors and apoptosis, control of the cellular redox state, and development of the central nervous system. Unfortunately, due to the narrow safe dose range of selenium intake, selenium deficiency and selenium excess can both yield adverse effects for human health. Low selenium status has been implicated in an increased risk of mortality, poor immune function, as well as some diseases such as Keshan disease, cretinism, and cognitive decline. Selenium excess leads to some side effects, e.g., hair loss, dermatitis, an elevated risk of diseases such as type 2 diabetes, and the occurrence of some neurological signs such as amyotrophic lateral sclerosis, hyperreflexia, convulsions, and motor weakness, etc. Considering the roles of Se in human health, selenium has gradually become a focal point of scientific research. Including, but not limited to, selenium, the Special Issue highlights the effects of micronutrient intake on human health.



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