

Abstract

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Impact of micronutrient deficiencies on obesity.

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BACKGROUND: Micronutrient deficiencies have been found in obese individuals across age groups worldwide. While the effects of micronutrient deficiencies on human functions have been studied widely in different populations, there is limited information on how these micronutrient deficiencies affect obese populations.

DISCUSSION: An examination of the available literature suggests associations exist between micronutrient deficiencies and obesity in different populations.

SUMMARY: These associations and possible mechanisms of the deficiencies' metabolic effects, such as their influence on leptin and insulin metabolism, are discussed here. Further studies are needed to clarify the roles of the different micronutrient deficiencies with respect to obesity and its comorbid conditions.

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