

Ethical standards declaration

JNHA fully adopts and supports ethical standards of the responsible committee on human experimentation (institutional and national with respect to each author) and the Helsinki Declaration of 1975, as revised in 2000.

Authors indicate that all their experiments on human subjects published in this article are in accordance with these standards.

In case of any doubt, the authors agree to explain the rationale for their approach, and demonstrate that the institutional review body explicitly approved the doubtful aspects of the study. When reporting experiments on animals, authors will indicate whether the institutional and national guide for the care and use of laboratory animals was followed.

Further, *JNHA* fully adopts and supports the standards of the International Committee of Medical Journal Editors.

Authors agree to handle the statement of informed consent as indicated in the instructions to authors with regards to privacy and confidentiality of patients mentioned in the text. When informed consent has been obtained it will be indicated in the published article.

Name

Signature Date

Each submitted manuscript must be accompanied by the completed and signed form. Therefore please fill out the form, scan the completed and signed form, and then upload the file together with the manuscript on <http://www.editorialmanager.com/jnha/>



<http://www.springer.com/journal/12603>

The journal of nutrition, health & aging

Editor-in-Chief: Morley, J.

ISSN: 1279-7707 (print version)

ISSN: 1760-4788 (electronic version)

Journal no. 12603