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## Nutritional Supplements in Sport, Exercise and Health

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Deadline for manuscript  
submissions:

**25 June 2024**

### Message from the Guest Editors

Dear Colleagues,

The SARS-CoV-2 virus, infecting human cells via its spike protein, causes coronavirus disease 2019 (COVID-19). COVID-19 is characterized by shortness of breath, fever, and pneumonia, and is sometimes fatal. In this context, it is important to better define the role of all behaviors, in particular nutrition, in order to establish whether these can both prevent infection and improve the outcome of the disease in patients with COVID-19. Several studies have shown that nutritional interventions can act as immunostimulators, helping to prevent viral infections. In general, patients with COVID-19 feel better within a few days or weeks of their first symptoms, and achieve full recovery inside 12 weeks. For some people, symptoms can last longer.

This is called long COVID or post COVID-19 syndrome. Long COVID is a new condition which is still being studied.

We believe that this Special Issue will help to highlight the most recent advances on nutritional supplements' effects on COVID-19.

This Special Issue welcomes the submission of research articles, review articles, systematic reviews and meta-analysis and short communications.



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# Special Issue



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**Journal Rank:** JCR - Q1 (*Nutrition & Dietetics*) / CiteScore - Q1 (*Nutrition and Dietetics*)

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