

Special Issue

Supplements for Health and Sports Performance

Message from the Guest Editor

Sports nutrition has a major role in influencing performance, physical fitness, recovery and adaptation capacity, as well as an athlete's well-being and health. An important element of modern sports research is to support the development of dietary supplements through various methods and technologies aimed at accelerating post-exercise recovery, protecting the body, and replenishing losses of energy and micro- and macronutrients. We welcome submissions to this Special Issue that provide sound knowledge concerning the supplements required for optimizing the health and sports performance of athletes as well as people who practice sports recreationally. We encourage submissions of original papers and systematic reviews in this field. **Keywords:**

- supplementation
- dietary supplements
- sports nutrition
- ergogenic aids
- ergogenic agents
- sport performance
- physical fitness
- physical capacity

Guest Editor

Dr. Lewis Anthony Gough

Human Performance and Health Research Group, Birmingham City University, Birmingham B15 3TN, UK

Deadline for manuscript submissions

closed (20 March 2025)



Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



mdpi.com/si/186017

Applied Sciences
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
appls@mdpi.com

mdpi.com/journal/

[appls](https://appls.mdpi.com)





Applied Sciences

an Open Access Journal
by MDPI

Impact Factor 2.5
CiteScore 5.5



[mdpi.com/journal/
applsci](https://mdpi.com/journal/applsci)



About the Journal

Message from the Editor-in-Chief

As the world of science becomes ever more specialized, researchers may lose themselves in the deep forest of the ever increasing number of subfields being created. This open access journal *Applied Sciences* has been started to link these subfields, so researchers can cut through the forest and see the surrounding, or quite distant fields and subfields to help develop his/her own research even further with the aid of this multi-dimensional network.

Editor-in-Chief

Prof. Dr. Giulio Nicola Cerullo
Dipartimento di Fisica, Politecnico di Milano, Piazza L. da Vinci 32,
20133 Milano, Italy

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), Ei Compendex, Inspec, CAPlus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Engineering, Multidisciplinary) / CiteScore - Q1 (General Engineering)