

## Special Issue

# Creatine Supplementation and Its Effects in Exercise, Fitness and Bodybuilding

### Message from the Guest Editor

This Special Issue seeks high quality submissions investigating creatine supplementation. We are particularly interested in the potential ergogenic benefits of creatine supplementation within the realm of exercise. This may include investigations into its potential benefits pertaining to exercise performance or recovery after exercise. We are also interested in any submissions that are related to increasing the fitness of individuals or any potential benefits to the bodybuilding community. We therefore welcome submissions investigating either exercise performance and/or adaptation to training.

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### Guest Editor

Dr. Lewis Anthony Gough

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

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### Deadline for manuscript submissions

closed (31 October 2022)



## Applied Sciences

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Impact Factor 2.5  
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## 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.

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### Editor-in-Chief

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