



# healthcare



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## Nutrition for Sport and Exercise

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### Message from the Guest Editors

Dear Colleagues,

In recent years, the nutritional approach has been regarded as a very important field in the process of the sports science approach to health promotion and athletes' performance improvement. The combination of exercise training and nutritional intervention is considered to be a very effective method for creating a synergistic effect that can improve the health of the general public and improve the performance of athletes. However, the detailed effect analysis of these treatment methods is still considered insufficient. In particular, the biological basis for the effectiveness of the treatment could greatly help develop these programs. Therefore, we would like to give you the opportunity to publish various research results related to the physiological, biochemical, and molecular biological mechanisms of the nutritional approach to health promotion and performance improvement. In particular, we would like to invite excellent research results related to the sports nutrition approach to preventing the aging process and various diseases. We hope to receive many great studies related to nutrition for sport and exercise.



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# Special Issue