

Special Issue

Research on Nutrient Effects in Recovery and Exercise Performance

Message from the Guest Editors

Numerous studies have shown how several nutrients, such as carbohydrates, proteins, fatty acids, vitamins and minerals, have an effect on performance and recovery after exercise, including phytochemicals through an ergogenic effect that occurs during exercise.

The nutritional strategies during the recovery phase after exercise are aimed at restoring hydration and electrolyte levels in the body, recovering damaged muscle tissues and altered physiological systems, such as the hormonal or immune system and, above all, recovering muscle glycogen. The goal of this Special Issue is to provide evidence on how nutrients and phytochemicals might influence ergogenic effects, performance and recovery after exercise, providing strong evidence for an association (or lack thereof) with those previously studied. Original articles, systematic reviews, meta-analyses or opinions dealing with the influence of nutrients not only on recovery but also on sport performance are welcome.

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Message from the Editor-in-Chief

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