

Special Issue

Nutritional Interventions and Exercise Performance: Insights from Molecular Studies

Message from the Guest Editor

The biochemical functions of specific nutrients and their impact on physiological alterations and/or adaptations are an important area for study, especially in terms of improving exercise performance across a wide range of ages and populations. This Special Issue will focus on the molecular interactions of foods/nutrients with exercise performance-related genetic expression, proteins, and performance outcomes in cellular, animal, and human populations. Nutritional interventions regarding exercise performance outcomes in humans are welcome with the addition of at least one related molecular marker. Nutrition intervention and exercise performance variables are vast; this Special Issue welcomes all types of nutrition interventions, as well as exercise performance outcomes that demonstrate molecular interactions. Since nutrition strategies for optimal exercise performance are often debated among both researchers and athletes, this issue seeks to provide translational and applicable information to readers and researchers alike.

Guest Editor

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Message from the Editor-in-Chief

The International Journal of Molecular Sciences (*IJMS*, ISSN 1422-0067) is an open access journal, which was established in 2000. The journal aims to provide a forum for scholarly research on a range of topics, including biochemistry, molecular and cell biology, molecular biophysics, molecular medicine, and all aspects of molecular research in chemistry. *IJMS* publishes both original research and review articles, and regularly publishes special issues to highlight advances at the cutting edge of research. We invite you to read recent articles published in *IJMS* and consider publishing your next paper with us.

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