

## Special Issue

# Supplementation in Exercise Induced Muscle Damage

### Message from the Guest Editor

There are different substances that can act as immunomodulators and that are considered to be potentially active in the prevention or recovery of changes in the immune system associated with competitive sports activity and that can be of great help in muscle recovery and regeneration. In this area, amino acids, minerals, immune system modulators, antioxidants, etc. have been included, many of them of great importance and recognition in the field of sport. I invite you to share your research results in our Special Issue entitled "Supplementation in Exercise-Induced Muscle Damage". I would be delighted to receive your studies on muscular damage produced by exercise, and/or use of different supplementary products to decrease, modulate muscle damage, and increase the recovery period.

### Guest Editor

Prof. Dr. Alfredo Córdova Martínez

Department of Biochemistry, Molecular Biology and Physiology, Faculty of Health Sciences, Valladolid University, University Campus "The Little Birds", 42004 Soria, Spain

### Deadline for manuscript submissions

closed (28 November 2021)



## Journal of Clinical Medicine

an Open Access Journal  
by MDPI

Impact Factor 3.0  
CiteScore 5.7  
Indexed in PubMed



[mdpi.com/si/67205](https://mdpi.com/si/67205)

*Journal of Clinical Medicine*  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[jcm@mdpi.com](mailto:jcm@mdpi.com)

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





# Journal of Clinical Medicine

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.0  
CiteScore 5.7  
Indexed in PubMed



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

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



## About the Journal

### Message from the Editorial Board

There has been an explosion of gene and target based research and therapeutics in the multitude of fields that compose clinical medicine. The *Journal of Clinical Medicine's* (JCM) staff and editorial board are dedicated to providing cutting edge, timely, and peer-reviewed articles covering the diverse subspecialties of clinical medicine. The journal publishes concise, innovative, and exciting research articles as well as clinically significant articles and reviews that are pertinent to the myriad of disciplines within medicine. The articles published are relevant to both primary care physicians and specialists. The journal's full-texts are archived in PubMed Central and indexed in PubMed. Please consider submitting your manuscripts for publication to our journal and check us out on-line!

---

### Editors-in-Chief

Prof. Dr. Emmanuel Andr  s

Internal Medicine Department, University Hospital Strasbourg, 67000  
Strasbourg, France

Prof. Dr. Kent Doi

Department of Acute Care Medicine, University of Tokyo, Tokyo, Japan

---

### Author Benefits

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

#### Journal Rank:

JCR - Q1 (Medicine, General and Internal) / CiteScore - Q1  
(General Medicine)

#### Rapid Publication:

manuscripts are peer-reviewed and a first decision is provided to authors approximately 16 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the second half of 2024).