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## Nutritional Supplements and Cardiovascular Function in Athletes and Sedentary People

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### Message from the Guest Editor

The endothelium is pivotal in maintaining various vascular functions, such as vascular reactivity to stimuli, coagulation, and inflammatory responses. Endothelial dysfunction underlies all cardiometabolic diseases. It is well documented that increased oxidative stress deleteriously affects endothelium-dependent vascular function by altering different metabolic pathways involved in vascular reactivity. On the other hand, different nutraceuticals with antioxidative and anti-inflammatory properties can significantly impact vascular function and cardiovascular health. Nutritional supplements may have a role in preparation for exercise, increasing the efficiency of exercise, supporting the recovery from exercise, and helping to prevent injury. This may help reduce exercise-induced inflammation. There is much uncertainty about the doses, duration, and chronic effects of nutritional supplementation. Thus, this Special Issue review in original research articles performed in humans or experimental models on the effects of nutritional supplements or enriched food on cardiovascular health in athletes and sedentary persons are welcome.



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**Special** Issue



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## Message from the Editor-in-Chief

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