

## Special Issue

# Nutritional Supplements and Cardiovascular Function in Athletes and Sedentary People

### 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.

### Guest Editor

Prof. Dr. Ines Drenjančević

1. Scientific Center of Excellence for Personalized Health Care, Josip Juraj Strossmayer University of Osijek, HR-31000 Osijek, Croatia
2. Department of Physiology and Immunology, Faculty of Medicine Osijek, Josip Juraj Strossmayer University of Osijek, HR-31000 Osijek, Croatia

### Deadline for manuscript submissions

23 January 2026



## Life

---

an Open Access Journal  
by MDPI

---

**Impact Factor 3.4**  
**CiteScore 6.0**  
**Indexed in PubMed**



[mdpi.com/si/197509](https://mdpi.com/si/197509)

*Life*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[life@mdpi.com](mailto:life@mdpi.com)

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





# Life

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.4  
CiteScore 6.0  
Indexed in PubMed



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



## About the Journal

### Message from the Editor-in-Chief

*Life* (ISSN 2075-1729) is an international, peer-reviewed open access journal that publishes scientific studies related to fundamental themes in life sciences. Some papers are published individually, while others are submitted for inclusion in special issues with guest editors. You are invited to contribute a research article, essay, or a review to be considered for publication.

---

### Editor-in-Chief

Prof. Dr. Lluís Ribas de Pouplana

Institute for Research in Biomedicine (IRB Barcelona), The Barcelona  
Institute of Science and Technology, 08028 Barcelona, Spain

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

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

#### Journal Rank:

JCR - Q1 (Biology) / CiteScore - Q1 (Paleontology)