

Special Issue

Nutritional Supplements and Cardiovascular Function in Athletes and Sedentary People: 2nd Edition

Message from the Guest Editors

The endothelium plays a pivotal role in the maintenance of various vascular functions. Although exercise has a beneficial impact on endothelial function and prevents cardiovascular diseases or alleviates them, strenuous exercise can also lead to endothelial dysfunction and vascular/tissue damage.

For professional athletes, appropriate nutrition is necessary to perform a lot of physical and metabolic activity to match their increased energy and nutritional needs. Nutritional supplements may play a role in preparing for exercise, increasing the efficiency of exercise, supporting recovery from exercise, and helping to prevent injury.

There is a high degree of uncertainty surrounding the doses, duration, and chronic effects of nutritional supplementation. Moderate physical activity independently provides beneficial effects for cardiovascular health. In this Special Issue, review and original research articles performed on humans or experimental models regarding the effects of nutritional supplements, enriched food, or physical activity independently or in the interaction with nutrition on the cardiovascular health of athletes and sedentary persons are welcome to be submitted.

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