

## Special Issue

# Sex Differences in Physical Exercise and Dietary Habits Effects on Metabolic Health

### Message from the Guest Editors

Sex differences in research have vital implications for the longevity of metabolic health, particularly related to differences in physiology and endocrinology. The long-term effects of sex differences in response to diet and exercise hold important implications for optimal public health recommendations and healthcare. Yet, more often than not, biomedical research has focused on men, possibly obscuring the understanding of key sex influences on health processes and outcomes. Therefore, an expansion of preclinical and clinical research is essential for our understanding of basic mechanisms contributing to disease risk and resilience in males and females. The topics of this special issue that will be covered include (not exclusively) studies focusing on the implications of sex in exercise and nutrition, particularly related to metabolites, metabolic perturbation (e.g., effects of drugs, nutrients, environment, etc.), and/or metabolic pathways. Articles exploring methodologies for the development of detecting metabolites or changes in metabolic pathways are also welcome.

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### Guest Editors

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### Deadline for manuscript submissions

28 November 2025



## Metabolites

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## About the Journal

### Message from the Editor-in-Chief

The metabolome is the result of the combined effects of genetic and environmental influences on metabolic processes. Metabolomic studies can provide a global view of metabolism and thereby improve our understanding of the underlying biology. Advances in metabolomic technologies have shown utility for elucidating mechanisms which underlie fundamental biological processes including disease pathology. *Metabolites* is proud to be part of the development of metabolomics and we look forward to working with many of you to publish high quality metabolomic studies.

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### Editor-in-Chief

Dr. Amedeo Lonardo

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 14.4 days after submission; acceptance to publication is undertaken in 3.6 days (median values for papers published in this journal in the first half of 2025).