

Special Issue

Nutrition and Supplements Intervening on Exercise Ability and Metabolism

Message from the Guest Editors

High-performance athletes are a specific group of people among whom there is an increase in energy, nutrient and regulatory needs. A proper diet, including well-planned per-exercise nutrition, is necessary to cover their needs. An important element of modern sport, therefore, seems to be the support of the effort through the use of various methods and means, aimed at accelerating post-exercise recovery, protecting joints, and replenishing losses of energy and micro- and macronutrients.

We would like a Special Issue entitled Nutrition and Supplements Intervening on Exercise Ability and Metabolism to provide sound knowledge on the impact of diet and supplements on exercise ability and metabolism. We encourage submissions of both original papers and systematic reviews and meta-analyses.

Guest Editors

Prof. Dr. Tomasz A. Pałka

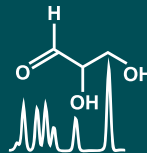
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About the Journal

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.

Editor-in-Chief

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