

# 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 Palka

Department of Physiology and Biochemistry, Faculty of Physical Education and Sport, University of Physical Education, 31-571 Krakow, Poland

Dr. Małgorzata Morawska-Tota

Department of Sports Medicine & Human Nutrition, Faculty of Physical Education and Sport, University of Physical Education, al. Jana Pawła II 78, 31-537 Kraków, Poland

### Deadline for manuscript submissions

closed (10 September 2024)



## Metabolites

an Open Access Journal  
by MDPI

Impact Factor 3.7  
CiteScore 6.9  
Indexed in PubMed



[mdpi.com/si/165543](https://mdpi.com/si/165543)

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

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





# Metabolites

---

an Open Access Journal  
by MDPI

---

Impact Factor 3.7  
CiteScore 6.9  
Indexed in PubMed



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



## 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

Dr. Amedeo Lonardo

Internal Medicine, Ospedale Civile di Baggiovara, Azienda Ospedaliero-Universitaria, 41126 Modena, Italy

---

### Author Benefits

#### High Visibility:

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

#### Journal Rank:

JCR - Q2 (Biochemistry and Molecular Biology) / CiteScore - Q2 (Endocrinology, Diabetes and Metabolism)

#### Rapid Publication:

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).