Special Issue

Phenotyping the Athletic Gut Microbiota: The Basis of Health and Physical Performance?

Message from the Guest Editor

Athletic performance is based on the premise that better systemic health directly contributes to reduced illness, injury or impaired biological potential. In recent years, several studies have shown how healthy gut health, including a higher diversity, versatile and beneficial microbiota composition, contributes to increased physical performance. However, while the study of gut microbiota has been growing over the last decade, sports nutritional recommendations remain as mechanistic and reductionist theories: 'so much you spend, so much you have to eat, so much you have to eat and when'. Phenotyping the microbiota in athletes should provide concrete functions that symbiotically alter physiological functions and contribute to a better biological expression. Future studies should propose an optimal relationship between precision nutrition and the expression of functional phenotypes of physical performance. I look forward to receiving your contributions.

Guest Editor

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"Microorganism" merges the idea of the very small with the idea of the evolving reproducing organism is a unifying principle for the discipline of microbiology. Our journal recognizes the broadly diverse yet connected nature of microorganisms and provides an advanced publishing forum for original articles from scientists involved in high-quality basic and applied research on any prokaryotic or eukaryotic microorganism, and for research on the ecology, genomics and evolution of microbial communities as well as that exploring cultured microorganisms in the laboratory.

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