



Impact of Dietary Supplements on the Enhancement of Exercise Performance

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Message from the Guest Editor

Dear Colleagues,

Sports nutrition and supplementation determine performance, physical fitness, recovery and exercise-induced adaptation capacity, as well as the athlete's nutritional status, well-being and health. These aspects are therefore crucial both in the training of elite athletes and people who practice sport recreationally, regardless of gender and age.

The main purpose of this Special Issue, "Impact of Dietary Supplements on the Enhancement of Exercise Performance", is to focus on the multidimensional and diverse impact of supplementation in elite and moderately trained athletes, as well as recreationally active people.

Specifically, our aim is to clarify if using certain supplements and the protocols of their supplementation can influence exercise performance and physical fitness and nutritional status.

Prof. Dr. Krzysztof Durkalec-Michalski
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