



## Hydration on Performance and Health

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### Message from the Collection Editor

Dear Colleagues,

The purpose of this Collection is to present novel reviews and experimental data regarding hydration and its implication for overall health and performance. In the context of sports and physical activity, proper hydration and nutrition are vital components for the optimization of physical and cognitive performance, and for enhancing health and wellness. Despite extensive work in this area, hydration- and nutrition-related topics in this area remain debated within the scientific literature. There remains to be a thorough understanding of the effect of hydration on performance and health, and of the hydration and nutrition requirements to optimize performance.

In this Collection of *Nutrients*, we welcome the submission of manuscripts that provide either original research or reviews on the current state of research.

Dr. William M. Adams  
*Collection Editor*





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