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Enhancement of Muscle Mass and Function by Nutritional Supplementation in the Older Population

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submissions:
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Message from the Guest Editor

This special nutrition issue, titled "Enhancement of muscle mass and function by nutritional supplementation in the older population" welcomes submissions reporting original research or reviewing the scientific literature.

The loss of muscle mass and function associated with aging is a continuing concern, and factors contributing to its development have been identified. These factors include lost alpha motor neurons, increased pro-inflammatory cytokines, decreased physical activity, and decreased androgen and estrogen levels. Moreover, insufficient food intake may also be a major factor. Therefore, nutritional interventions may play an important role in the improvement of muscle mass and performance in older adults. We would like to summarize and review the effects of nutritional intervention and types of nutritional supplements on muscle mass and function, as well as metabolism, in older adults.



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