



Sport Supplementation for Performance and Health

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Message from the Guest Editor

Sports supplementation is common among athletes of different sports modalities and competitive levels. Sports supplements could be useful for supporting energy, macronutrients, and micronutrients for athletes in training and competitions or traveling. Sports supplementation could be helpful for supporting a suitable nutritional status in athletes, preventing nutritional deficiencies or stimulating recovery after training sessions. Nevertheless, specific sports supplements could improve sports performance, either enhancing neuromuscular or psychological performance or mood before or during exercise. Using sports supplementation includes three principles: safety, effectiveness, and legality.

The number of sports supplements and trademarks in the market is numerous, and athletes usually present a terrible selection of sports supplements based on safety, effectiveness, and legality. This Special Issue seeks to promote the results of all the original research studies focused on the safety, effectiveness, and legality of sports supplements with practical implications for athletes in enhancing sports performance and health.





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