



nutrients



an Open Access Journal by MDPI

Nutritional Strategies to Enhance the Immune Response to Exercise, Stress and Competition

Guest Editor:

Dr. Adam Jajtner

Exercise Physiology, School of
Health Sciences, Kent State
University, Kent, OH 44240, USA

Deadline for manuscript
submissions:
closed (15 April 2024)

Message from the Guest Editor

For many years, high-level athletes modified their diet and used nutritional supplements to improve their performance. Often times, these practices allow the athlete to maintain or enhance their training, thereby improving their performance in the long term. While the importance of the immune system in recovery following exercise cannot be overstated, the ability of an athlete to avoid illness is equally important when it comes to maintaining training to preserve their performance. As such, the use of various nutritional strategies and supplements to enhance their immune response following exercise and other forms of physical stress represent an appealing approach to ensuring performance readiness.

Therefore, please consider submitting your latest research examining the use of various nutritional strategies to improve immune functions following exercise, stress and competition. Review papers that provide unique perspectives and summarize current evidence in this field are also encouraged.



mdpi.com/si/183232

Special *Issue*



an Open Access Journal by MDPI

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access: free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility: indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank: JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)

Contact Us

Nutrients Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

Tel: +41 61 683 77 34
www.mdpi.com

mdpi.com/journal/nutrients
nutrients@mdpi.com
X@Nutrients_MDPI