



Effect of Energy Drinks on Physical Performance

Guest Editor:

Dr. Juan J. Salinero

Performance and Sport
Rehabilitation Laboratory,
Faculty of Sport Sciences,
University of Castilla-La Mancha,
Toledo, Spain

jjsalinero@ucjc.edu

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Message from the Guest Editor

Nowadays, energy drinks have become the most widely used means of caffeine intake in the sports population. The effects of these energy drinks on physical performance are diverse, and the scientific literature is increasing. The use of caffeinated energy drinks has been found to be effective in significantly changing aerobic and anaerobic performance, the movement patterns of several team sports, and/or aspects of human functioning. In addition, as has been suggested, these beverages merit further study to demonstrate their safety and the potential effects on physical performance.

You are invited to submit proposals for manuscripts that fit the objectives and topics of this Special Issue. The objective of this proposed Special Issue on “Effect of Energy Drinks on Physical Performance” is to publish selected papers about the use of caffeinated energy drinks and their effects on physical performance (including potential side-effects), both in athletes and nonathletes; specifically, papers (reviews and/or clinical or experimental studies) dealing with the role of energy drinks in exercise or sports performance.





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Nutrients
MDPI, St. Alban-Anlage 66
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