

## Special Issue

# Nutritional Strategy for Women's Muscular and Skeletal Health

### Message from the Guest Editors

This Special Issue will focus on gender differences in skeletal muscle health, specifically investigating the role of nutritional and exercise strategies. The scope of this Special Issue is to explore the factors that underscore the critical role of hormonal balance, in conjunction with effective nutritional approaches, in maintaining skeletal muscle health, particularly in women.

### Guest Editors

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### Deadline for manuscript submissions

25 January 2026



## Nutrients

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### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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### Editors-in-Chief

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