

## Special Issue

# Regulation of the Musculoskeletal System in Athletes: The Role of Nutritional Supplementation and Anti-Doping Perspectives

### Message from the Guest Editors

The musculoskeletal system plays a central role in supporting athletic performance, enabling strength, endurance, and efficient recovery. Nutritional supplementation has emerged as a relevant strategy for optimizing these processes, offering evidence-based benefits that enhance both performance and post-exercise recovery. However, the rapid expansion of the supplement market also poses challenges, including the risk of contamination with prohibited substances and the potential for inadvertent doping cases. In this Special Issue, we invite original research articles, reviews, and perspectives addressing the regulation of the musculoskeletal system in athletes, with a particular focus on nutritional supplementation and anti-doping considerations. Topics of interest include the physiological impact of ergogenic aids on muscle function and recovery, strategies for safe supplementation, the role of support personnel in guiding athletes' choices, and educational approaches that foster awareness of doping risks. Contributions examining multidisciplinary perspectives, combining sports nutrition, sports medicine, and ethical frameworks are particularly encouraged.

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### Deadline for manuscript submissions

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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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