

Special Issue

New Insights into the Effects of Exercise, Nutrition, and Supplementation on Aging and Health

Message from the Guest Editors

There is a growing body of scientific evidence demonstrating the beneficial effects of non-pharmacologic interventions, such as physical activity, nutrition, and dietary supplements, in preventing and helping in the treatment of diseases, as well as promoting healthy aging. Beyond that, adequate nutritional support, including dietary supplements, is proven to be beneficial for recreative and professional athletes, leading to better performance, preventing injury, and improving recovery.

So, in this wonderful, great, and complex world of exercise, nutrition, and immunology, we invite our colleagues to submit their mini-review, review, systematic review, and original (pre-clinical and clinical studies) to our Special Issue in the journal *Nutrients*.

Guest Editors

Prof. Dr. Rodolfo de Paula Vieira

Department of Human Movement and Rehabilitation (PPGMHR) and Pharmaceutical Sciences, Pharmacology and Therapeutics (PPGCFFT), Graduate Program at the Evangelical University of Goiás (UniEVANGÉLICA), Anápolis 75083-515, GO, Brazil

Dr. André L. L. Bachi

Post-Graduation Program in Health Sciences, Santo Amaro University (UNISA), São Paulo 04829-300, Brazil

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Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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About the Journal

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.

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 (UIBS), 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

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