

Special Issue

Relevance and Safe Utilization of Amino Acids in Dietary Supplements

Message from the Guest Editor

Amino acid supplementation may be recommended in healthy individuals who present with a deficiency of one or more amino acids in the dietary proteins that humans consume. Clinical and experimental studies also focus on specific physiological and pathophysiological situations where the requirement for specific amino acids increases, such as attaining optimal metabolic and physiological functions. However, there is a major concern regarding supplements with amino acid contents above the tolerable upper intake level (UL), defined as the highest level of daily amino acid intake that is likely to pose no adverse effects on consumer health. Based on this context, we invite contributions to this *Nutrients* SI which will gather original reports from clinical trials aimed at documenting the efficiency of supplementation with specific amino acids in different situations, as well as the doses of specific amino acids which must not be exceeded in supplements for user safety. Original reports from experimental studies deciphering the mechanisms involved and the effects of amino acid supplements are also welcome. Contributors are encouraged to submit review papers dedicated to these topics.

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Deadline for manuscript submissions

20 June 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/251555

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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