

Special Issue

The Role of Nutrition in Applied Physiology

Message from the Guest Editor

This Special Issue integrates the disciplines of nutrition and physiology and explores the important role that both disciplines contribute to understanding factors that enhance health and sports performance. Growing evidence supports the important role of nutrition in health and performance. This Special Issue is dedicated to advancing the knowledge of sports performance, metabolic recovery, immune function, and physiology processes. For the present Special Issue, The Role of Nutrition in Applied Physiology, we welcome original articles, narratives and systematic reviews.

Guest Editor

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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.

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