

Special Issue

Antioxidants, Physical Exercise and Cardiovascular Disease: Nutritional and Lifestyle Interventions

Message from the Guest Editors

Prevention and effective management of cardiovascular disease is very important.

Emerging research has highlighted the vital role of antioxidants and physical exercise as effective interventions in combating CVDs. At the same time, physical exercise is widely recognized as a powerful intervention for promoting cardiovascular health. However, the maximum therapeutic potential of these interventions can be achieved when combined in a synergistic manner. This Special Issue seeks to explore the intersection between antioxidant supplementation and physical exercise in the context of cardiovascular disease. Topics that will be covered include the following:

Effects of antioxidants on cardiovascular health;
Combination of antioxidants and physical exercise;
Holistic nutritional interventions;
Molecular and cellular aspects;
Clinical implications and public health.

This Special Issue of *Nutrients* accepts submissions of research articles, review articles, systematic reviews and meta-analyses, as well as short communications.

Guest Editors

Dr. Pedro Miguel Forte

Dr. Patrick Türck

Prof. Dr. Ceres Mattos Della Lucia

Deadline for manuscript submissions

5 August 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/210764

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

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)