

Special Issue

Impact of Dietary Bioactives on Muscle Mass, Strength and Performance

Message from the Guest Editor

An emerging role for the gut microbiome in the maintenance of skeletal muscle mass and physical function (defined as the gut–muscle axis) has been identified in young animals, but interventions that positively impact the gut–muscle axis during human aging are sparse. In this Special Issue, we invite you to publish studies that utilize dietary components to positively impact the gut–muscle axis during human aging. Included amongst the dietary components that may impact the gut–muscle axis are macronutrients, micronutrients, phytonutrients, functional foods, nutritional supplements, and other nutraceuticals. In terms of muscle-related measures that may be impacted by dietary components, skeletal muscle mass, muscle composition, physical function (strength or endurance), sarcopenia, and body composition are of interest. This SI also welcomes manuscripts describing the outcomes of animal studies that have relevance to human health.

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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