Special Issue

Nutritional Supplementation in Health and Sports Performance

Message from the Guest Editor

We are pleased to announce the upcoming Special Issue on "Nutritional Supplementation in Health and Sports Performance." Nutritional supplements play a crucial role in enhancing athletic performance, speeding up recovery, and supporting overall health. Common supplements such as proteins, creatine, amino acids. and electrolytes are increasingly being used to improve endurance, strength, and recovery in athletes. These supplements offer a variety of health benefits from muscle repair to balancing fluid levels during high intensity training and continuous physical activities. As the supplement industry continues to grow, understanding proper usage, dosage, and individual needs is essential for maximizing benefits and minimizing risks. While whole foods remain essential. supplements provide a practical and efficient means to achieve optimal nutrient intake for peak performance. Additionally, the co-ingestion of different sports supplements, such as proteins with creatine or amino acids, is an emerging area that requires further research to understand their combined effects on performance and recovery.

Guest Editor

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Deadline for manuscript submissions

closed (25 April 2025)



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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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