

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

Dr. Mojtaba Kaviani

Department of Nutrition and Dietetics, Acadia University, Wolfville, NS B4P 2R6, Canada

Deadline for manuscript submissions

closed (25 April 2025)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/218592

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)