

Special Issue

Nutritional Intervention and Ergogenic Aids in Sports Performance and Recovery

Message from the Guest Editor

This Special Issue explores the pivotal role of nutritional strategies and ergogenic aids in optimizing athletic performance and enhancing recovery processes. The interplay between individualized nutrition and ergogenic interventions has gained significant attention in sports science. We aim to delve into the latest findings on macronutrient and micronutrient timing, supplementation protocols, and their impact on performance metrics such as endurance, strength, and cognitive function during competition and training. A key focus of this Special Issue is on the integration of genetic insights into nutritional and ergogenic approaches. Emerging evidence suggests that genetic variations influence nutrient metabolism, supplementation efficacy, and recovery dynamics, offering a pathway to personalized interventions. Topics of interest include nutrigenomics, gene–environment interactions, and their implications for tailoring dietary strategies and the selection of ergogenic aids. This publication seeks to provide a comprehensive understanding of how nutritional science and genetic predispositions can be leveraged to maximize sports performance and recovery.

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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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