

## 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.

### Guest Editor

Prof. Dr. David Varillas-Delgado

Exercise and Sport Science, Faculty of Health Sciences, Universidad Francisco de Vitoria, 28223 Pozuelo, Spain

### Deadline for manuscript submissions

closed (25 June 2025)



## Nutrients

an Open Access Journal  
by MDPI

Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



[mdpi.com/si/227605](https://mdpi.com/si/227605)

*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto: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)