

Special Issue

Advances in Nutrition, Dietary Supplements and Ergogenic Aids for Athletic Performance

Message from the Guest Editors

Sports nutrition is an active and multidisciplinary field. In this regard, several nutritional strategies have been developed to improve energy replenishment, fluid and electrolyte replacement, and the repair of musculoskeletal and connective tissues, as well as to boost the response of the immune system. All of these aspects have a tremendous influence on the allostatic load and, finally, on the acute and chronic exercise-induced adaptations for athletic performance enhancements. The purpose of this Special Issue is to publish evidence-based practices in the field of sports nutrition to assist, with “real world” solutions, sport and performance practitioners with the final aim of achieving any performance benefit while preventing nutrient deficiencies during training and competition. Studies in females, youth populations, precision nutrition, injury prevention, and artificial intelligence are warranted, alongside other more traditional topics.

Guest Editors

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Prof. Dr. Juan Del Coso

Deadline for manuscript submissions

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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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