

## Special Issue

# Nutritional Supplements in Sport, Exercise and Health

### Message from the Guest Editors

The SARS-CoV-2 virus, infecting human cells via its spike protein, causes coronavirus disease 2019 (COVID-19). COVID-19 is characterized by shortness of breath, fever, and pneumonia, and is sometimes fatal. In this context, it is important to better define the role of all behaviors, in particular nutrition, in order to establish whether these can both prevent infection and improve the outcome of the disease in patients with COVID-19. Several studies have shown that nutritional interventions can act as immunostimulators, helping to prevent viral infections. In general, patients with COVID-19 feel better within a few days or weeks of their first symptoms, and achieve full recovery inside 12 weeks. For some people, symptoms can last longer. This is called long COVID or post COVID-19 syndrome. Long COVID is a new condition which is still being studied. We believe that this Special Issue will help to highlight the most recent advances on nutritional supplements' effects on COVID-19. This Special Issue welcomes the submission of research articles, review articles, systematic reviews and meta-analysis and short communications.

### Guest Editors

Prof. Dr. Filomena Mazzeo

Dr. Stefania D'Angelo

Dr. Andreina Alfieri

### Deadline for manuscript submissions

closed (25 June 2024)



## Nutrients

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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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