

Special Issue

Effects of Nutritional Supplementation, Muscle Loss, Physical Performance and Exercise on Aging

Message from the Guest Editors

Sarcopenia, the progressive decline of skeletal muscle mass and strength/function observed during aging, increases the risk of adverse health outcomes (e.g., falls, morbidity, loss of independence, disability, and mortality). The loss of muscle mass and function associated with aging is a continuing concern, and factors contributing to its development have been identified. These factors include lost alpha motor neurons, increased pro-inflammatory cytokines, decreased physical activity, and decreased androgen and estrogen levels. Moreover, insufficient nutrient intake may also be a major factor. Therefore, nutritional interventions may play an important role in improving muscle mass and performance in older adults. We would like to summarize and review the effects of nutritional intervention and types of dietary supplements on muscle mass and function, as well as metabolism, in older adults. This Special Issue will highlight research involving interactions between nutrition and dietary supplements on sarcopenia and associated age-related conditions. Original research, reviews, meta-analyses, and randomized controlled trials are also welcomed.

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Deadline for manuscript submissions

closed (5 May 2024)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/148409

Nutrients
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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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