

Special Issue

Dietary Supplements' Impact on Sport Performance and Health Outcomes

Message from the Guest Editors

Dietary supplementation has become essential for enhancing athletic performance and supporting overall health. Supplements such as macronutrients, vitamins, minerals, amino acids, herbal extracts, probiotics, sports drinks, and other functional ingredients have been investigated across all stages, from animal research to human studies, to evaluate their metabolic effects, impact on oxidative stress, muscle recovery, and training adaptation. Despite their widespread use, variability in formulations, dosage regimens, and individual factors, such as age, sex, training status, and genetic background, continue to challenge clear recommendations. This Special Issue welcomes original research, systematic reviews, and meta-analyses that span the full spectrum of experimental models, refine mechanistic insights, optimize supplementation strategies, and assess performance and health outcomes. By uniting findings from basic and applied research, we aim to establish a robust translational framework for personalized and sustainable nutritional interventions in sport and exercise science.

Guest Editors

Dr. Mon-Chien Lee

Graduate Institute of Sports Science, National Taiwan Sport University,
Taoyuan 333325, Taiwan

Prof. Dr. Wen-Ching Huang

Department of Exercise and Health Science, National Taipei University
of Nursing and Health Sciences, Taipei, Taiwan

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

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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.

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 (IUIBS), 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

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