

Special Issue

Sport Supplementation for Performance and Health (Volume II)

Message from the Guest Editor

Sports supplementation is common among athletes of different sports modalities and competitive levels. Athletes use sports supplementation mainly to enhance sports performance and/or health. Sports supplements could be useful for supporting energy, macronutrient, and micronutrient levels for athletes in training and competition or traveling. Sport supplementation could be helpful for ensuring a suitable nutritional status in athletes, preventing nutritional deficiencies or stimulating recovery after training sessions.

Nevertheless, specific sports supplements could improve sports performance, either enhancing neuromuscular or psychological performance or mood before or during exercise. Using sports supplementation includes the following three principles: safety, effectiveness, and legality.

This Special Issue seeks to promote the results of all the original research studies focused on the safety, effectiveness, and legality of sports supplements with practical implications for athletes on their sports performance and health.

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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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