

## Special Issue

# Energy Drink Effectiveness on Human Health and Exercise Performance

### Message from the Guest Editors

Although some studies have found negative health effects of energy drinks, moderate supplementation with energy drinks or caffeine may have beneficial effects on athletic performance or cancer, cardiovascular, immune, inflammatory, and neurological disorders. In addition, supplementation with an energy drink high in caffeine prior to an Ironman triathlon has been found to be effective in reducing oxidative stress and significantly improving performance. Eight weeks of high-intensity intervals with a caffeine supplement before each exercise session can lower body fat and improve glucose metabolism in obese women compared to high-intensity intervals alone. From these studies, it can be seen that caffeine-containing energy drinks not only improve athletic performance, but also have a significant effect on health status. The purpose of this Special Issue is to explore the benefits of appropriate energy drink supplementation on 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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