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 highintensity 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.

Guest Editors

Prof. Dr. Chih-Hui Chiu

Department of Exercise Health Science, National Taiwan University of Sport, Taichung, Taiwan

Prof. Dr. Chien-Wen Hou

Laboratory of Exercise Biochemistry, University of Taipei, No.101, Sec. 2, Zhongcheng Road, Shilin District, Taipei City 11153, Taiwan

Deadline for manuscript submissions

closed (25 October 2025)



Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed



mdpi.com/si/235071

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

mdpi.com/journal/ nutrients





Nutrients

an Open Access Journal by MDPI

Impact Factor 5.0 CiteScore 9.1 Indexed in PubMed





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.

Editors-in-Chief

Prof. Dr. Lluis Serra-Majem

- Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
- Research Institute of Biomedical and Health Sciences (IUIBS),
 University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
 Preventive Medicine Service, Centro Hospitalario Universitario
 Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Palmas, Spain

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)