

Special Issue

Dietary Intervention for Competitive Athletes

Message from the Guest Editor

The past 30 years have seen unprecedented growth in the dietary supplement industry. Since the 1990s, dietary supplement sales have increased by more than 80% to nearly USD 16 billion annually. The growth only continues to rise, and the market for dietary supplements continues to expand. For many, the rationale for using dietary supplements is to enhance muscle growth, improve strength, increase endurance capacity, or enhance recovery. This ever-changing market requires continuous oversight that informs athletes, coaches, sport nutritionists, and sport scientists on cutting-edge information about the efficacy, safety, and legality of various dietary supplements. Therefore, this Special Issue invites submissions of latest original research examining dietary supplements in competitive athletes. Review papers providing unique perspectives from sport scientists with extensive work in this area are also encouraged.

Guest Editor

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Deadline for manuscript submissions

closed (25 February 2025)



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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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