

Special Issue

Effect of Protein and Peptide Supplementation on Physical Performance and Health Status

Message from the Guest Editors

As one of the major nutrients for human diet, food proteins play an important role in human health and wellbeing. In addition to providing a source of energy and amino acids for the synthesis of body proteins, food proteins exert vital roles in many physiological processes, such as structure, function, synthesis, restoration, and transportation. Protein hydrolysates composed of small peptides are absorbed more rapidly than free amino acids and intact proteins and can improve protein retention in the human body. Protein and peptide supplementation are also proposed as an effective dietary strategy in prevention and/or adjunctive treatment of various lifestyle- and ageing-related diseases (e.g., type 2 diabetes, hypertension, dyslipidemia, cancer, liver disease, sarcopenia, and cardiovascular disease). The planned Special Issue on “Effect of Protein and Peptide Supplementation on Physical Performance and Health Status” will include original studies and review articles focusing on the impact of proteins, peptides, and products enriched with them on human physical performance and health status, as well as their absorption, distribution, metabolism, and excretion.

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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.

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