

Special Issue

Selected Papers from the 5th International Online Conference on *Nutrients*—Sports Nutrition: Innovation, Performance, Microbiota and Sustainability

Message from the Guest Editors

We are pleased to invite you to submit original research or review articles to this Special Issue of *Nutrients*, dedicated to selected contributions from the 5th International Online Conference on Nutrients. It focuses on innovative research exploring advanced nutritional strategies in sport, highlighting personalised approaches for optimising performance, enhancing recovery, and improving overall health in different athletic disciplines. Contributions that address gender-specific nutritional strategies, the role of the gut microbiota in performance, and innovative dietary practices that balance athletic excellence with environmental sustainability are particularly welcome. Studies on the efficacy of dietary supplements, recovery techniques, injury prevention, and the long-term impact of dietary choices on athletes' health will also be presented. With this Special Issue, we aim to promote interdisciplinary discussion, advancing scientific understanding in support of evidence-based nutritional guidelines tailored to the athlete community, in line with the aims and purpose of *Nutrients*.

Guest Editors

Prof. Dr. Mauro Lombardo

Prof. Dr. David C. Nieman

Prof. Dr. Elvira Padua

Deadline for manuscript submissions

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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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