

Special Issue

Nutritional Supplements for Endurance Exercise

Message from the Guest Editor

Endurance exercise places substantial physiological demands on the cardiovascular, metabolic, neuromuscular, and thermoregulatory systems. As a result, athletes frequently seek evidence-based nutritional strategies to optimize performance, delay fatigue, and enhance recovery. Nutritional supplements—including carbohydrate formulations, caffeine, beta-alanine, sodium bicarbonate, nitrates, creatine, and novel ergogenic aids—have been extensively investigated for their potential to support endurance capacity across a range of training and competition scenarios. However, individual responses, sex-based differences, dosing strategies, and environmental contexts (e.g., heat, altitude) complicate their application. This Special Issue of *Nutrients* aims to explore the current state of evidence on nutritional supplementation for endurance athletes, with a focus on mechanistic insights, performance outcomes, safety, and personalized approaches. We welcome original research, reviews, and meta-analyses addressing acute and chronic supplementation strategies, innovations in nutrient delivery, and emerging biomarkers of efficacy and adaptation.

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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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