

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.

Guest Editor

Dr. Heather M. Logan-Sprenger

Faculty of Health Science, Ontario Tech University, Oshawa, ON L1G 0C5, Canada

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

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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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

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

Prof. Dr. Maria Luz Fernandez

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

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