

Special Issue

The Ergogenic Effects of Caffeine Intake in Sport

Message from the Guest Editors

Caffeine remains one of the most widely consumed ergogenic aids across all levels of sport, with up to 74% of elite athletes reportedly using it to enhance performance. Its popularity stems from its accessibility, minimal side effects, and efficacy at low-to-moderate doses (1–6 mg·kg⁻¹ body mass). Mechanistically, adenosine receptor antagonism is considered the primary driver of its performance-enhancing effects, although other pathways such as calcium and fatty acid mobilisation may also contribute. Despite consistent benefits in endurance contexts, results in high-intensity, short-duration sports are more variable. Time-trial protocols offer more sport-relevant insights than time-to-exhaustion tests, yet variability in outcomes persists. Emerging questions around genetic responsiveness, habitual use, youth sports, and individual variability remain unanswered. We invite researchers to contribute to this evolving field—particularly through robust, sport-specific trials and updated meta-analyses, systematic reviews and/or umbrella reviews—to better understand caffeine’s nuanced ergogenic profile and its implications for athletes and practitioners alike.

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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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