

## Special Issue

# Effects of Nutrient Intake on Exercise Recovery and Adaptation

### Message from the Guest Editor

Optimising adaptation to exercise is primarily determined by the stimulus being placed on the body's various physiological systems. However, nutrition plays an essential role in facilitating recovery and adaptation through the provision of energy substrates and macro- and micro-nutrients. While many studies focus on acute responses, such as inflammation and functional recovery, an understanding of how longer-term dietary interventions can influence chronic adaptation to exercise, and subsequent physical performance, is essential. Therefore, this special issue aims to advance our understanding of how nutrition interacts with exercise to influence recovery, physiological adaptation, and performance. This may include, but is not limited to, studies investigating the effects of nutrient timing, optimal nutrient intake, and common and novel foods and supplements on recovery and/or adaptation to all forms of exercise, in any population.

### Guest Editor

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### Deadline for manuscript submissions

closed (5 April 2025)



## Nutrients

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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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