

Special Issue

Nutritional Strategies to Promote Muscle Mass and Function in Health and Disease

Message from the Guest Editors

Nutritional interventions have been widely utilized to help promote skeletal muscle mass gain and prevent muscle atrophy. Coupling nutritional interventions with exercise has been shown to enhance muscle protein synthesis rates and muscle hypertrophy in healthy individuals. Similar strategies have been used in aging and disease with a variety of effects. While there is an extensive body of literature examining the effects of protein and amino acid consumption on muscle mass, many nutritional interventions may support the maintenance of muscle mass or function. It is well established that maintenance of muscle mass is an important aspect of many disease conditions, and loss of muscle mass is associated with increased mortality in diseased populations. Identifying and understanding the role that various nutritional interventions play in muscle homeostasis can lead to enhancements for both athletes and clinicians working with diseased populations. This Special Issue aims to collect the latest information about various nutritional strategies that can aid in the promotion or maintenance of muscle mass and function in both healthy and diseased populations.

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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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