

## Special Issue

# Effects of Carbohydrate Supplementation on Exercise Performance

### Message from the Guest Editor

Muscle glycogen is a fundamental energy source for exercise, and its depletion impairs muscle contraction by attenuating  $\text{Ca}^{2+}$  release from the sarcoplasmic reticulum and suppressing Na-K-ATPase functions. Consumption of a high-carbohydrate diet for a few days increases muscle glycogen to approximately twice the basal value. Such carbohydrate loading improves exercise performance. Previous studies have suggested that almost all marathon runners require carbohydrate loading to avoid experiencing the “hitting the wall” phenomenon during a race. As well, blood glucose responses to exercise were influenced by carbohydrate supplementation. Literature demonstrates that carbohydrate supplementation improves intermittent high-intensity exercise capacity, athlete's strength or skill performance. We are now calling for original articles and reviews on the effects of carbohydrate supplementation on exercise performance for this Special Issue. Both positive and negative results of carbohydrate supplementation are welcomed.

### Guest Editor

Dr. Yosuke Yamada

Department of Physical Activity Research, National Institutes of Biomedical Innovation, Health and Nutrition, Shinjuku, Tokyo 162-8636, Japan

### Deadline for manuscript submissions

closed (31 October 2022)



## Nutrients

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*Nutrients*  
Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

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*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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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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