

## Special Issue

# Coffee and Caffeine Consumption for Human Health

### Message from the Guest Editor

Dear colleagues, Caffeine is naturally present in the leaves and seeds of different plants, and it has been traditionally used to improve mental alertness and wakefulness by using brews of these plants. Alongside the appearance of new forms of caffeine intake in our modern society, positive applications of both acute and long-term ingestion of caffeine have increased, while the effects of caffeine on cardiovascular, respiratory, thermoregulatory, and metabolic systems are well-understood at present. You are invited to submit a manuscript to this special issue in *Nutrients*, one of the most read and cited research journals in “Nutrition and Dietetics”. The goal of this Special Issue is to provide new evidence of the effects of caffeine intake (especially, but not limited to, coffee consumption) on different aspects of human health. We welcome manuscripts related to original research articles, systematic reviews, meta-analyses, and opinions related to the effects of caffeine on health outcomes. Garrigós

### Guest Editor

Prof. Dr. Juan Del Coso  
Sport Sciences Research Centre, Rey Juan Carlos University,  
Fuenlabrada 28943, Spain

### Deadline for manuscript submissions

closed (31 August 2019)



## 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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## 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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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 (IUIBS), 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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