

Special Issue

Dietary Supplements and Musculoskeletal Health and Function

Message from the Guest Editors

Dietary supplements containing protein and aminoacids, vitamins, minerals, essential fatty acids have been shown to have beneficial effects on musculoskeletal health and function across a wide range of age groups in healthy and diseased men and women.

In this Special Issue, we aim to bring together papers that examine acute or chronic musculoskeletal effects of dietary supplements, as well as their interaction.

We welcome different types of manuscript submissions, including original research articles, systematic reviews and meta-analyses.

Potential topics may include, but are not limited to, the associations between macronutrients and micronutrients intake, musculoskeletal health and neuromuscular function throughout the entire spectrum of physical activity in healthy and diseased individuals of all ages and physical activity level. The outcome variables may be health-related musculoskeletal adaptations, including body composition changes, hormonal responses, bone and muscle mass changes, as well as molecular mechanisms responsible for structural and functional adaptations of the musculoskeletal system in response to dietary supplements.

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Deadline for manuscript submissions

closed (10 June 2023)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/79334

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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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