

Special Issue

Energy Deficiency and Nutritional Supplementation in Sports and Exercise

Message from the Guest Editor

Energy deficiency in sports and exercise, characterized by an imbalance between energy intake and energy expenditure, can adversely affect athletes' health and performance. The broader concept of Relative Energy Deficiency in Sports (RED-S) extends beyond females, affecting both male and female athletes, encompassing a range of negative effects on physiological health and performance. Managing energy deficiencies through proper sport nutrition is crucial, especially in sports where body weight is a critical factor. As a result, many athletes turn to nutritional supplements to optimize health, enhance performance. A personalized approach that considers the athlete's specific needs, sport type, and training demands is essential to prevent or mitigate the effects of RED-S and promote long-term athletic success.

This Special Issue aims to collect high-quality research articles that delve into the vital topic of energy deficiency and nutritional supplementation in sports and exercise. We welcome both original research articles and review papers that address these critical issues.

Guest Editor

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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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