

## Special Issue

# Impact of Nutritional Supplements on Athletic Performance

### Message from the Guest Editors

Nutritional supplements aim to optimise performance through training adaptations, well-being, micronutrient and macronutrient intake, fast and effective physiological and morphological recovery and reducing the risk of injury and illness after high training/competition strain. Nutritional interventions in sports show wide variations depending on the athlete's level, characteristics (e.g., age, gender, genetics, microbiome), sport type requirements, cultural diversities, environmental and emotional factors, dietary considerations, composition, amount, type of supplements and supplementation protocol and athletic performance outcomes. This Special Issue of *Nutrients* welcomes original research articles focused on nutritional supplements' impact on athletic performance's physical, mental and cognitive outcomes in different types of sports, taking into consideration competition level, athlete's age, gender, genetic factors, cultural nutrition-related diversion, dietary considerations, environmental and emotional variations, supplements type, amount and intake timing.

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### Deadline for manuscript submissions

closed (5 January 2025)



## Nutrients

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Impact Factor 5.0  
CiteScore 9.1  
Indexed in PubMed



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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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### Editors-in-Chief

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