

Special Issue

Nutrition and Dietary Supplements to Support Muscle in Healthy Aging

Message from the Guest Editor

I would like to personally invite you to contribute to our upcoming Special Issue on *Nutrition and Dietary Supplements to Support Muscle in Healthy Aging*. This Special Issue will explore leading research topics regarding the role of nutrition and supplementation in supporting muscle health and functional capacity as we age. We welcome original research, reviews, and clinical insights that shed light on how dietary components can mitigate sarcopenia, support muscle metabolism, highlight sex-specific changes in muscle health, and contribute to long-term functional outcomes. We look forward to receiving your valuable contributions to advancing this essential field.

Guest Editor

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Deadline for manuscript submissions

closed (25 May 2025)



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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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