

Special Issue

The Effects of Nutritional Strategies or Dietary Supplementation on Exercise Performance in Hot Environments

Message from the Guest Editor

Whilst the performance-enhancing effects of some nutritional strategies or dietary supplementation regimes are well established, there remains limited evidence or guidance for their use among athletes performing in hot conditions. This is concerning, as improper preparation for training camps or competitions in extreme conditions can have detrimental effects, including heat illness and compromised training capacity. Given that many major international sports competitions take place in extreme conditions, evidence-based guidance is necessary. This Special Issue invites articles investigating or reviewing the potential benefits or risks of adopting specific nutritional practises for exercise performance in the heat. This includes dietary ergogenic aids/supplements, nutraceuticals, or selected dietary patterns.

Guest Editor

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Deadline for manuscript submissions

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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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