

Special Issue

Improving Athletic Performance with Dietary Supplements: Focus on Fuel Substrate Availability

Message from the Guest Editor

This Special Issue will focus on current investigations examining how various dietary supplements impact athletic performance. To date, most research in this area has focused on strategies to improve the availability of fuel sources during athletic performance. This Special Issue will reexamine the value of dietary supplementation in improving fuel substrate availability during athletic performance and consider other physiologic mechanisms that dietary supplements can positively influence athletic performance. A sound scientific understanding of how dietary supplementation influences athletic performance is essential when establishing policies designed to ensure safety and equity during competition.

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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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