

Special Issue

Nutritional Supplements, Exercise and Muscle

Message from the Guest Editors

Skeletal muscle, responsible for movement and locomotion, constitutes a primary system intricately linked to energy metabolism, thermoregulation, respiratory function and the secretion of hormones, crucial for life support. Consequently, maintaining and improving muscle mass is crucial for enhancing the overall quality of life, ensuring survival and mitigating the onset or progression of diverse metabolic diseases. The quantity and quality of skeletal muscle can be altered through plasticity, with exercise and nutrition being essential considerations. While numerous studies have highlighted the significance of exercise and nutrition interventions for skeletal muscle health and diseases, the need for a deeper understanding of the mechanisms by which exercise and nutrition strategies maintain and improve skeletal muscle remains. This Special Issue welcomes the submission of manuscripts including the following topics: nutrition and exercise effects on skeletal muscle plasticity; metabolism, nutrition and exercise; exercise, nutritional supplements and skeletal muscle.

Guest Editors

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Deadline for manuscript submissions

closed (25 December 2024)



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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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