

Special Issue

Micronutrients in the Regulation of Skeletal Muscle Anabolism

Message from the Guest Editor

The anabolism of skeletal muscle is regulated by several factors, including resistance exercise, anabolic hormones, and nutrition. Micronutrients (vitamins and minerals) are essential nutrients; they are required for energy metabolism, blood vessel formation and integrity, and bone formation, amongst other functions. They perform these functions by serving as coenzymes/cofactors in diverse reactions, as antioxidants, as essential components of organelles such as the mitochondria, and as building blocks (for example, the role of iron in bone formation). Several signaling pathways, including the PI3K/AKT and mTORC1 pathways, are critical in regulating muscle anabolism; however, whether and how micronutrients regulate the functions of these pathways in muscle anabolism has been minimally studied. The roles of these nutrients might be regulated by protein synthesis, proteolysis, and or myotube formation. We hope that this collection of articles will help to address this gap and provide insights into novel mechanisms and interventions for optimizing muscle growth and function, either for athletes or in the management of muscle wasting conditions.

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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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