

Special Issue

Nutrition, Exercise, and Health: Nutritional Supplements, Exercise Training, Skeletal Muscle Health, and Performance

Message from the Guest Editors

The synergistic relationship between nutrition and exercise is pivotal for optimizing skeletal muscle health and overall well-being. This special issue aims to collect original research articles, reviews, and perspectives on the latest advances in nutritional or dietary strategies and training interventions, emphasizing their combined effects on metabolism, muscle adaptation, physical function, and overall health. Topics of interest include, but are not limited to: The influence of nutritional supplements on exercise performance, recovery, and muscle function. The role of resistance and endurance training in nutrient utilization, and skeletal muscle adaptation. The impact of dietary patterns on metabolic health, inflammation, and musculoskeletal integrity. Mechanisms underlying exercise-induced muscle hypertrophy, muscle preservation, and recovery through nutritional interventions. The effects of combined dietary and exercise strategies in aging populations, athletes, and chronic patients.

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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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