

Special Issue

The Role of Nutritional Intake and Supplements in Improving Athletic Performance

Message from the Guest Editor

We welcome original research articles, systematic reviews, and meta-analyses exploring the role of macronutrients, micronutrients, hydration strategies, and ergogenic aids in various types of physical performance. Studies examining nutrient timing, energy balance, and the effectiveness of dietary supplements for post-exercise recovery are highly encouraged. In addition, we are particularly interested in research that addresses specific populations, including elite athletes, amateur sports participants, and individuals with unique nutritional requirements or health conditions.

This Special Issue aims to provide actionable insights for athletes, coaches, sports scientists, and healthcare professionals. We seek to expand the understanding of how personalized nutrition and supplementation strategies can unlock an athlete's full potential and contribute to peak performance across various sporting disciplines.

Guest Editor

Prof. Dr. Luis Manuel Martínez Aranda

1. Physical and Sports Performance Research Centre, Faculty of Sports Sciences, Universidad Pablo de Olavide, 41013 Seville, Spain
2. SEJ-680: Science-Based Training (SBT) Research Group, Universidad Pablo de Olavide, 41013 Seville, Spain

Deadline for manuscript submissions

25 September 2025



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/230255

Nutrients
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
nutrients@mdpi.com

[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)





Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



[mdpi.com/journal/
nutrients](https://mdpi.com/journal/nutrients)



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.

Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (UIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Nutrition and Dietetics)