# **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**

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## **Deadline for manuscript submissions**

25 June 2026



## **Nutrients**

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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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