

Special Issue

Physical Exercise and Nutrition on the Gastrointestinal Pathophysiology

Message from the Guest Editors

Exercise of various intensities, including marathons, triathlons, and cycling competitions, affects the gastrointestinal tract (GIT) by eliciting gut dysmotility symptoms. However, the mechanisms are still unknown. One hypothesis is that the redistribution of blood flow causes gastrointestinal ischemia, mechanical forces, changes in gastrointestinal mucosal activity, neuroendocrine changes, and stress. This Special Issue aims to bring together a collection of papers that evaluate the effects of physical exercise and nutritional approach on gastrointestinal pathophysiology in health and illness. We welcome the submission of manuscripts including, but not limited to, the following topics: exercise, nutrition on gastrointestinal motility and intestinal permeability; microbiota, nutrition, and exercise; exercise, nutrition, and gastrointestinal pathophysiology; exercise, supplemental nutrition, and gastrointestinal pathophysiology.

Guest Editors

Dr. Moisés Tolentino B. Da Silva
Prof. Dr. José Luiz de Brito Alves
Dr. Francisco L. Torres-Leal

Deadline for manuscript submissions

closed (5 April 2026)



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/200662

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 (IUIBS), 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)