

Special Issue

Dietary Supplements in Exercise and Sports Activities

Message from the Guest Editors

The use of dietary supplements is widespread both among athletes and the general population. Athletes use dietary supplements for many purposes, but their ultimate goal is usually to improve athletic performance, through either directly increasing physical working capacity or indirectly by enhancing post-workout recovery processes, improving the tolerability of training loads and reducing the risks of illness and/or injury. Dietary supplements that claim to promote weight loss or prevent weight gain, reduce body fat mass and percentage, or increase muscle mass are also popular among athletes and non-athletes alike. Unfortunately, the use of dietary supplements is not risk-free, because the effects of many supplements have not been sufficiently studied in terms of risk vs. benefit. The purpose of this Special Issue is to promote high-quality research that focuses on determining the effectiveness of various dietary supplements and possible risks associated with their use by athletes and physically active people. Original research papers, systematic reviews, and meta-analyses focused on this topic are welcome to be submitted to this Special Issue.

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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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